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BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91212680
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CONTINUATION OF  
EVIDENTIARY APPENDIX

(PUBLIC VERSION)





# CORNTHINS

Real Foods Corn Thins are similar to standard rice cakes, but made from corn and they are THIN (about half the thickness of competitor's rice cakes). The fantastic 'popped corn' taste of Corn Thins makes them a delicious alternative to bread, crackers, rice cakes and crispbreads. Real Foods also produce Rice Thins, a rice cake that actually has great flavor, and is THIN.

## Why Stock Real Foods Corn & Rice Thins?

- ✓ Corn Thins are made from corn so they are a great tasting alternative to competitor's rice cakes.
- ✓ Real Foods Rice Thins have a toasted flavor, so are more tasty than competitor's rice cakes.
- ✓ Corn & Rice Thins are THIN, so not only do they have less calories per slice, but customers get better value for money (26 slice per pack).
- ✓ Corn Thins have 10% fiber (more fiber than wholemeal bread), and Rice Thins have 4% fiber.
- ✓ They are a versatile snack, as they can be eaten on their own or topped with your favorite toppings.
- ✓ They are all made with ALL NATURAL ingredients, with 3 variants of the range being ORGANIC.
- ✓ Moms love Corn Thins as they have good levels of fiber, are FAT, & GMO FREE & kids LOVE Corn Thins because of their popcorn flavor.
- ✓ Kosher Certified.
- ✓ GLUTEN FREE.

## Why Stock a Real Foods Shipper?

- ✓ Great way to test Corn & Rice Thins sales prior to committing shelf space.
- ✓ Attractive looking display of 5 Real Foods products – that draws customer attention, which leads to increased sales.
- ✓ Tidy, space efficient.

## Samples

- ✓ The key to achieving huge sales of Corn Thins is by having consumers sample Corn Thins. Real Foods have had much feedback from new consumers who say that once they try Corn Thins they are hooked.
- ✓ Please contact your Real Foods sales rep if you need Corn Thins samples for any sampling opportunities/events.



Product	Weight	Units	UPC number	TUN number
Real Foods Corn Thins ORIGINAL ORGANIC	5.3 oz	12	671959000016	10671959000013
Real Foods Corn Thins SESAME ORGANIC	5.3 oz	12	671959000047	10671959000044
Real Foods Corn Thins FLAX & SOY ORGANIC	5.3 oz	12	671959000023	10671959000020
Real Foods Corn Thins MULTIGRAIN	5.3 oz	12	671959000030	10671959000037
Real Foods Corn Thins CRACKED PEPPER & LEMON	5.3 oz	12	671959000061	10671959000068
Real Foods Rice Thins WHOLEGRAIN	5.3 oz	12	671959000054	10671959000051
Real Foods SHIPPER (12 x Original, Sesame, Flax & Soy, Multigrain & Rice Thins)	5.3 oz	60	see above	10671959000358

Maximize your sales today! For more information contact:

[www.cornthins.com](http://www.cornthins.com)



## Real Foods Corn Thins.

They're not quite like anything you've tried before. The real popped corn taste is so good, you can eat them on their own or with your favourite topping.

Use them for sandwiches or snacks.

Just look at all the delicious suggestions inside.

Keep a pack in your desk drawer at work, in the car or for school lunches.

Light but satisfying, think of them as the anytime, anyhow, anywhere, good-for-you food.

97% fat free, 100% Australian grown and made, they're the best thin since sliced bread.

They contain more dietary fibre per gram than wholemeal bread, and now in addition to Original Corn Thins there are 5 delicious varieties - Soy & Linseed, Multigrain, Sesame Organic & Rye and Caraway.

And with 26 Corn Thins in a pack you'll never run short.



## The Real Foods Story

A 100% Australian family company using 100% Australian products, we are dedicated to producing foods that are both good for you and delicious.

By simply popping Australian grown grain, we capture the real taste of the natural ingredients, ensuring none of the flavours and goodness escape.

We use no genetically modified ingredients and our product is Kosher certified.

At Real Foods, we want you to get real enjoyment eating foods that you know are good for you.

**Enjoy Real Foods with Real Taste.**

Real Foods Pty Ltd  
47 Campbell Rd., St Peters  
NSW 2044 Australia  
61 2 8595 6600  
[www.realfoods.com.au](http://www.realfoods.com.au)



REAL FOODS is a trademark of Real Foods Pty Ltd.

It's easier  
to explain  
what to do  
with it,  
than  
to explain  
what it is.



Corn Thins. A Real Taste Alternative.





Pack them for school...



Breakfast.....



On the move.....



Mid-morning break.....



Pre-bedtime nibble...

**Real Foods Corn Thins.**  
 Their light, crunchy,  
 real popped corn taste is  
 a real alternative to  
 bread and crispbreads.



Light lunch.....



After sport...



Or....

When hunger strikes....  
APPENDIX 2893

After school...



Desk drawer at work...



or....



or....





# Celiac Disease Foundation Newsletter

## CELEBRATING 20 YEARS!

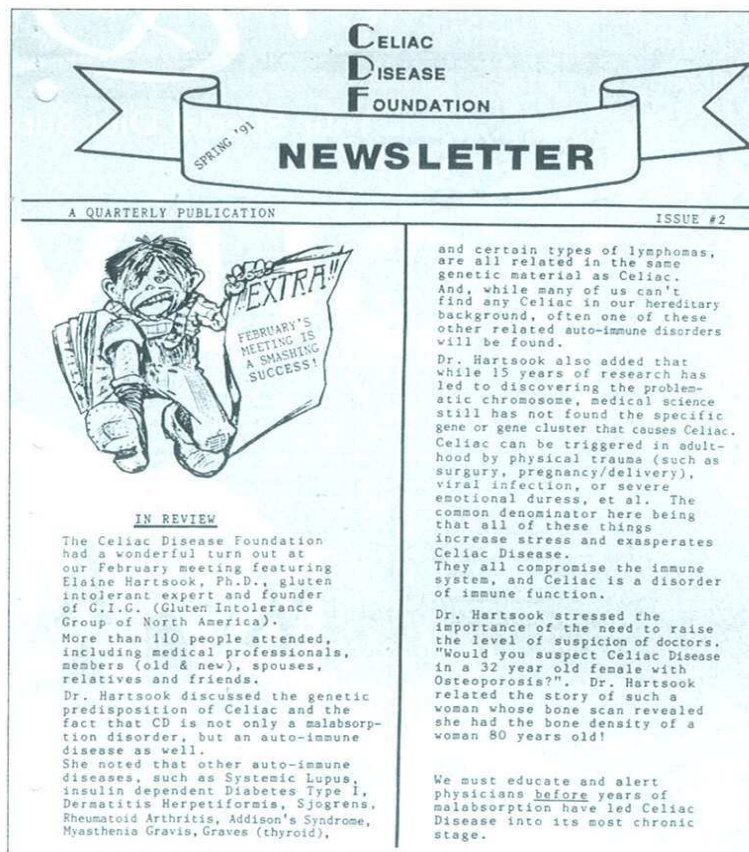
Elaine Monarch Executive Director

Twenty years ago the U.S. population was 250 million, a gallon of regular gas was \$1.16, and it was estimated that 1:250 people had Celiac Disease. It was also the year a small group of people with a common interest, celiac disease, came together and started the Celiac Disease Foundation.

20 years ago instant communication, the PC, (personal computer) and the World Wide Web were just beginning to grow and the improvements in communication including internet access was allowing a global sharing of information. There was no email or twitters and mobile phones were just emerging. Making a long distance phone call was a luxury or a necessity, a birth or death. Communication was via US postal service and the price of a first class stamp was 25 cents.

We ate real foods that we could identify – fresh fruits and vegetables, starches, potatoes, rice, corn, beans, and meat, fish, poultry. We didn't have the luxury of the multitude of products that are available today. Ener-G Foods and Dietary Specialties provided us with GF breads and a limited selection of cookies and mixes. Bette Hagman provided the recipes with her gluten-free cookbooks. We have watched gluten-free products made by well known, recognizable, familiar companies, (i.e. General Mills and Betty Crocker) enter the mainstream marketplace.

Sometimes 20 years seems like a long time but in fact it is just a blip in the science community. CDF has been fortunate to have been able to watch the growth and awareness of this disease, which in 1980 was considered "rare" and was on the list of the National Organization of Rare Disorders. Our outstanding international medical advisory board contributes to the growing knowledge and science of how celiac affects the health and well being of those with this autoimmune disorder through clinical research and bench science.



The greater understanding of celiac diagnosis has in large part been credited to blood tests that detect certain antibodies produced in people with this disorder. Two events have made a significant difference in defining and identifying Celiac Disease in the U. S.-the 1999 Serology Conference presented by CDF and 5 years later in 2004 the National Institutes of Health Consensus Conference on Celiac Disease. CDF is proud of our participation in both landmark events.

We have spent 20 years raising awareness and furthering education. We will continue to do so while moving ahead with a broader goal of getting more people diagnosed sooner and accurately and having celiac disease serology included as part of a routine medical exam.

and certain types of lymphomas, are all related in the same genetic material as Celiac. And, while many of us can't find any Celiac in our hereditary background, often one of these other related auto-immune disorders will be found.

Dr. Hartsook also added that while 15 years of research has led to discovering the problematic chromosome, medical science still has not found the specific gene or gene cluster that causes Celiac. Celiac can be triggered in adulthood by physical trauma (such as surgery, pregnancy/delivery), viral infection, or severe emotional duress, et al. The common denominator here being that all of these things increase stress and exasperates Celiac Disease. They all compromise the immune system, and Celiac is a disorder of immune function.

Dr. Hartsook stressed the importance of the need to raise the level of suspicion of doctors. "Would you suspect Celiac Disease in a 32 year old female with Osteoporosis?" Dr. Hartsook related the story of such a woman whose bone scan revealed she had the bone density of a woman 80 years old!

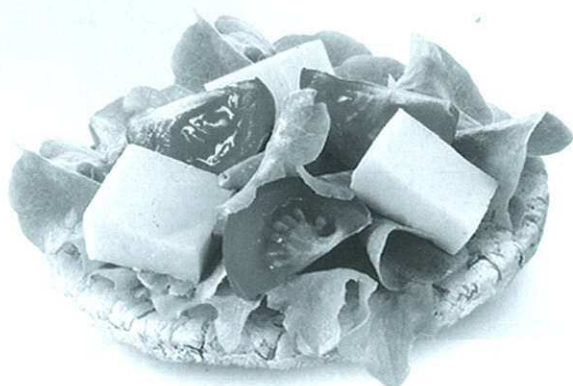
We must educate and alert physicians before years of malabsorption have led Celiac Disease into its most chronic stage.

## INSIDE THIS ISSUE

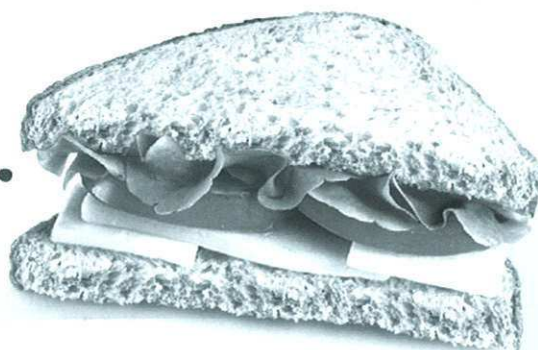
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# Try CORNTHINS instead of Bread...



VS.



## Did you know?

1 Original Corn Thin has  
 $\frac{1}{4}$  the calories  
of a slice of  
Wholemeal bread

Try our Taste Challenge to see how much tastier CORNTHINS are vs. bread or rice cakes, and discover the deliciously different flavour of CORNTHINS.

Real Foods CORNTHINS are made simply by popping Grains of CORN\* under high temperature so they have a delicious popped CORN flavour, but without high levels of fat or salt.

This makes them a great tasting, healthy alternative to breads or other crispbreads, so keep them handy at home, or at work, for lunch. Also great for the kid's lunchbox.

- ✓ Made from delicious CORN
- ✓ GLUTEN FREE
- ✓ GMO FREE
- ✓ ALL NATURAL ingredients
- ✓ More than 10% FIBER



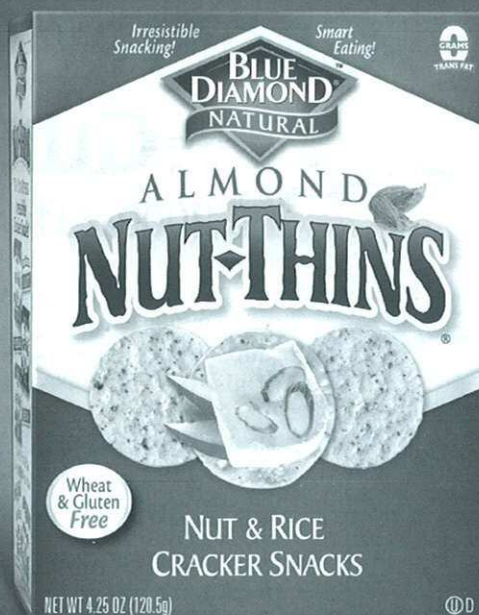
Making healthy eating *easy!*

For more information or recipe ideas go to [www.cornthins.com](http://www.cornthins.com)

\*Some Corn Thins variants are primarily corn, but are also combined with other grains or seeds







**WHAT MORE COULD YOU WANT  
FROM A DELICIOUS  
TASTING CRACKER?  
OK THEY'RE GLUTEN FREE.**

**12 CRACKERS = 100 CALORIES**



Indulge in a scrumptious line of crackers that are sure to satisfy. In fact, the only things missing are wheat, gluten,\* trans fat and artificial ingredients. Try all 8 irresistible flavors with your favorite topping or all by themselves.



Proud Sponsor of the Celiac Disease Foundation



[www.bluediamond.com](http://www.bluediamond.com)

\* Each production run is sampled and tested to confirm gluten levels do not exceed 20 ppm.



## Madeleine Anderson

---

**From:** Diana Kempster <dkempster@gvpub.com>  
**Sent:** Tuesday, 6 December 2011 2:55 AM  
**To:** Madeleine Anderson  
**Subject:** Buyers guide advert  
**Attachments:** CountryLife\_P.pdf

Dear Madeleine

Hope you are well.

Please find attached your advert that will appear in our buyers guide in Today's Dietitian December.  
Do you want a website to be included in this?

--

Please Note: The watermark you see on the attached proof will not appear on the ad when printed in the magazine. The watermark is there for copyright protection only.

Thanks,

Kindest regards

Diana Kempster  
National Account Executive

**Today's Dietitian**

The Only Magazine for Dietitians  
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Tel: 800 278 4400 Toll free  
Tel: 610 948 9500 ext 124  
Fax: 610 948 4202  
Email: [dkempster@gvpub.com](mailto:dkempster@gvpub.com)

Today's Dietitian



Introducing Real Foods Corn Thins—the healthy popped corn cake that actually tastes like a delicious snack. Made primarily from corn, they taste just like popcorn—in a cracker. They are perfect as a healthy snack on their own or with your own favourite toppings. Being GMO and gluten free, with better levels of fiber than rice cakes, Corn Thins make healthy eating easy.

Contact Madeleine at [manderson@realfoods.com.au](mailto:manderson@realfoods.com.au) if you would like more information or samples so you can introduce Corn Thins to your clients.



## Madeleine Anderson

---

**From:** Diana Kempster <dkempster@gvpub.com>  
**Sent:** Saturday, 17 December 2011 2:49 AM  
**To:** Madeleine Anderson  
**Subject:** follow up  
  
**Importance:** High

Hi Madeleine

Hope you are well.

By the time you receive this message our digital edition of the December issue of Today's Dietitian should be online – so please check it out: [www.todaysdietitian.com](http://www.todaysdietitian.com)  
Your advert is included in the buyers guide with a link back to your site.  
A copy of the print edition is in the mail to you.

Our February issue coincides with American Heart Health and includes features on Vegetarian Nutrition, and Heart Health and we have bonus distribution at Expo West.  
Let me know if you will be looking to continue targeting nutrition professionals in the New Year. I would like to continue to assist you to get your product in front of this influential audience either via print or online opportunities. Let me know what I can do to help continue grow your exposure here.

Kindest regards

Diana Kempster  
National Account Executive

**Today'sDietitian**  
**The Only Magazine for Dietitians  
and Nutrition Professionals**

**Tel: 800 278 4400 Toll free**  
**Tel: 610 948 9500 ext 124**  
Fax: 610 948 4202  
Email: [dkempster@gvpub.com](mailto:dkempster@gvpub.com)

Today's Dietitian



# Consumer Circular Programs

## Standard Circular Programs

Circulars have proven to be an effective marketing tool for both natural product manufacturers and retailers. Your support of UNFI circular programs is important to our customers and to the success of your products.

### UNFI Standard Circular Programs feature:

- Discriminating product mix with all categories represented
- Attractive consumer price points targeted to move product at retail
- Advertising copy, articles and recipes designed to increase consumer purchases
- Customized with store logo
- Helps build brand awareness and brand equity
- Great market penetration in all key areas of the United States with approximately 650 retail accounts participating
- Over 1.2 million copies printed each month
- UNFI's #1 consumer program to date with many years of loyal customers



Order Guide & Circulars



Shelf Talkers & Poster



On Sale through Saturday, January 26, 2008

# Tasty Resolutions

See inside for great  
lowfat meal ideas and  
healthy diet foods.



January 2008



**Seeds Of Change**  
Organic Summer  
Tomato Basil  
Pasta Sauce  
**Buy One,  
Get One!**

24.5 oz.  
Sugg. Retail: \$7.29  
Other selected varieties  
may be available.



**Spectrum Essentials**  
Organic  
Mediterranean  
Olive Oil

**12.99** 33.8 oz.  
Sugg. Retail: \$18.49



Other selected varieties  
may be available.

**Vita-Spelt Products**  
Organic  
White Spelt  
Angel Hair Pasta

**2.19** 8 oz.  
Sugg. Retail: \$2.89



**Sno Pac**  
Organic  
Cut Spinach

**2.29** 10 oz.  
Sugg. Retail: \$3.19



**Bragg**  
Organic Healthy  
Vinaigrette

**3.59** 12 oz.  
Sugg. Retail: \$4.69



**Izze Beverage**  
Sparkling  
Black Raspberry  
Esque

**3.99** 4/12 oz.  
Sugg. Retail: \$5.89  
Other selected varieties  
may be available.

See inside for  
more Organic  
Savings!

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E NC-1.08



# Super Bowl Snacking



**Green Mountain Gringo**  
Tortilla Strips  
**1.59** 8 oz.  
Sugg. Retail: \$2.19



**Green Mountain Gringo**  
Medium Salsa  
**3.29** 16 oz.  
Sugg. Retail: \$4.49  
Other selected varieties may be available.



**Kettle Foods**  
Salt & Pepper Krinkle Chips  
**3.99** 15 oz.  
Sugg. Retail: \$5.79  
Other selected varieties may be available.



**Season's**  
Lightly Salted Potato Chips  
Reduced Fat  
**2.99** 8.5 oz.  
Sugg. Retail: \$3.99  
Other selected varieties may be available.



**Garden Of Eatin'**  
Chili & Lime Cantina Chips  
**2.19** 9 oz.  
Sugg. Retail: \$3.19



**Garden Of Eatin'**  
Organic Blue Corn Tortilla Chips  
**2.19** 9 oz.  
Sugg. Retail: \$3.19  
Other selected varieties may be available.



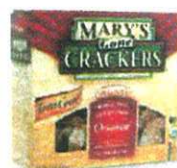
**Terra Chips**  
Salt & Vinegar Russet Blend Kettle Chips  
**3.89** 13.5 oz.  
Sugg. Retail: \$5.49  
Other selected varieties may be available.



**Lundberg Farms**  
Brown Rice Cakes  
No Salt  
**1.99** 8.5 oz.  
Sugg. Retail: \$2.79  
Other selected varieties may be available.



**Real Foods**  
Original Corn Thins  
**2.29** 5.3 oz.  
Sugg. Retail: \$2.99  
Other selected varieties may be available.



**Mary's Gone Crackers**  
Organic Original Crackers  
Wheat & Gluten Free  
**3.39** 6.5 oz.  
Sugg. Retail: \$4.49  
Other selected varieties may be available.



Other selected varieties may be available.

**Newman's Own Organics**  
Organic Low Fat Fig Newmans  
**2.99** 12 oz.  
Sugg. Retail: \$4.29



Other selected varieties may be available.

**Newman's Own Organics**  
Organic Pop's Corn  
Light Butter, Microwavable  
**2.29** 3 oz.  
Sugg. Retail: \$3.19



**Glutino**  
Family Bag Pretzels  
**5.49** 14.1 oz.  
Sugg. Retail: \$7.39



**Glutino**  
Family Size Pretzel Sticks  
**5.49** 14.1 oz.  
Sugg. Retail: \$7.39



**O'Coco's Cookies**  
Organic Original Chocolate Crisps  
**3.69** 4.2 oz.  
Sugg. Retail: \$4.99  
Other selected varieties may be available.





2

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# A World of Reviews, Giveaways, and More!

Product reviews, giveaways, and more.

Saturday, January 18, 2014

## Real Foods Corn Thins Review

"Real Foods Pty Ltd is an Australian company producing, marketing and distributing popped-grain crispbreads for the Australian and export markets.

The company was founded in 1980 by Michael Pels, the current owner and Managing Director, and employs 100 people in its manufacturing facility in Sydney, Australia.

Real Foods has experienced rapid growth over the last 12 years since the development and launch of its major product line, Corn Thins, a natural, low-fat crispbread made from popped corn."

GUILT FREE FOODS. I am literally in heaven over these corn thins. They are so incredibly good, and you can feel no guilt after eating them. The calorie and carb count is absolutely amazing. At this exact moment I'm eating the Tasty Cheese flavor. The Nutritional Facts: Serving is 1 slice. Calories per that slice, 28. Total fat .5, total sodium 51mg, and total cars, 5g. I mean come on, this is a perfect snack! These Corn thins are by far my new favorite snack. I'm seriously watching my carb intake this year, and every time I go into the pantry, instead of reaching for some chips, I grab a corn thin.



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Rachael...



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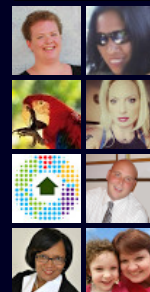


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The Flavors they offer are: Original  
Soy & Linseed  
Multigrain  
Sesame  
Rice Thins  
Honey Soy

Tasty Cheese (absolute favorite, the bag is almost gone :()  
and  
Sour Cream & Chives

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    - The Original Kimball Popcorn Ball Review
    - White Girl Salsa Review
    - Goody Good Stuff Review
    - Let's talk about some great popcorn:





For Breakfast last week I had a multigrain corn thin with some peanut butter and banana slices. It was so yummy, tasty, and filling. I would totally cut out bread for the next few months and use the corn thins for lunches! I have literally found my favorite snack.

Here are some more facts about Corn Thins: No preservatives  
Less than 10% fat  
Gluten & GMO Free  
The whole family can enjoy!!

I just checked and they sell these [Corn Thins](#) at the Kroger in the town over. I'm excited, as soon as I'm out of the ones I received, I'm definitely going over there and buying some more. You can find where they are near you by clicking [here](#). You don't have to use just peanut butter and bananas like I did... there are so many different ways to eat the Corn Thins, and you can find out ideas [here](#). I am so incredibly happy I had a chance to try these. No complaints at all. 110% satisfied!!!

\*Disclosure: The reviews and or opinions on this blog are my own opinions . No monetary compensation was received. I was not required to write a positive review. Your experience may differ. The opinions I have expressed are my own I am disclosing this in accordance with the Federal Trade Commissions 16 CFR Part 255: Guides Concerning the Use of Endorsement and Testimonials in Advertising

Posted by Rachael Garfinkle at 9:46 AM

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APPENDIX 2906

<http://rbg0284.blogspot.com.au/2014/01/real-foods-corn-thins-review.html>

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RF000901



# healthandspice

UNCATEGORIZED

## COME AT ME CORN THINS

APRIL 18, 2014 | HEALTHANDSPICE | LEAVE A COMMENT



(<http://healthandspice.files.wordpress.com/2014/04/cornthins.jpg>)

After a recent visit to my local health food shop I spotted these. I'm not a big snacker but have a huge sweetcorn addiction so thought why not give them a go.

I was very surprised, unlike their sister the 'rice cake' - which aren't to my liking i will add – these thins are so crunchy, flavoursome and go with everything. They have a slight nutty popcorn flavour to them, are super healthy and are fantastic on their own or covered in cottage cheese or pesto. It's so fun finding different ways to explore this snack and I would highly recommend them to anyone, who like me, isn't a fan of the more tradition rice cake or anyone who wants to ditch their crisp addiction.

\*\*\*\*\* from health and spice

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Follow “healthandspice”

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**wiseupslimdown**

*Tips for slimming down and improving  
your health*

**Great For Eating, Not Packaging**

Posted on [June 2, 2012](#)



Rice cakes...bleh! If you have ever eaten one you probably think ...styrofoam texture and no taste. Great for packaging, not eating.

Corn cakes however are another story. Real Foods company makes a product called Corn Thins. They look like a thinner version of a rice cake but the similarity ends there.

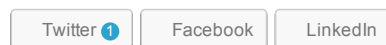
The kind folks at Real Foods were nice enough to send me a few free samples to try all the way from Australia.

Made from sun-ripened corn, they are extra crunchy and slightly salted. They are fantastic on their own but even better with a little almond butter and sliced banana or tomato and avocado. With only 23 calories and 4 grams of carbs per slice they are a great low cal/low carb treat. The flaxseed/soy, sesame, original and flavored corn thins are gluten free. I had the pleasure of ~~trying~~ devouring an entire bag of the tasty cheese flavor. If you love a salty/cheesy flavored snack you will love these as much as I did. Oh, they are also GMO free and made with all natural ingredients. The cheese flavor are a little hard to find but so worth it if you do find them. Highly recommended!

They also make a version of rice cakes. Because they are sliced thinner and use brown rice instead of white rice, they are also quite delicious and have a slightly nutty taste. Also highly recommended!!

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# Just Add Cayenne

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Tuesday, April 10, 2012

## Crunchy Corn Thins - What I Ate (and Reviewed) Wednesday # 7



Is everyone getting their extra cup o' veggies for this month's **What I Ate Wednesday** theme? Has it been a challenge or basically what you do already?



Avocado takes the ~~cake~~ thin on this stack!

As I [mentioned last week](#), getting extra veggies is never a problem for me. Not trying to brag or say I'm better, I just like a lot of vegetables. Plus, they add an inexpensive and healthy heft to any recipe that needs bulking up!

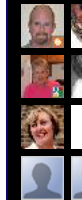


**Breakfast** – Leftover [Spicy Smoked Tomato Salmon](#) with celery utensils; cubed jicama; Quinoa  
Almond Protein Cookies; French Press coffee with cinnamon and nutmeg

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Everyone should use celery utensils!



Specs of crunchy quinoa make these even more fun!

**Snack** – Dehydrated okra; Brewed green tea and vanilla roobios tea mix (one bag of each)



Yep, these guys again....crunchy veggie delight!

**Lunch** – Surprise! It's not the usual puree today (that's tomorrow). I made tuna barley with edamame and vegetables cooked in broth with a little ginger. First time to make this, but the outcome was delicious; think I'll add more cayenne next time though. I had a side of Corn Thins and an apple too.



This is the best picture I have; forgot to take one actually plated...

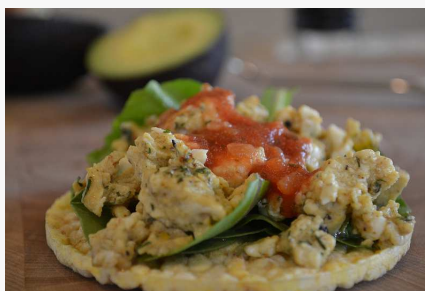
**Snack** – a few large gulps of air; just my usual mini-fast (if you will) before sitting down to dinner; eating at work is just not enjoyable!





I'll let this plastic egg represent my gulps of air....

**Dinner** - Corn Thins topped with arugula, microwave scrambled eggs, salsa, and avocado (soooo goooooood; review below); big bowl of roasted Brussels, carrots, garlic, and sweet potato on top of mixed greens; puree of frozen pineapple, zucchini, and spinach with vanilla whey protein; of course I had to have more [Quinoa Almond Protein Cookies](#) because...errr.....why wouldn't I?



Have to eat fast before the salsa makes it soggy! Not a problem!



Topped with a few kale chips = veggie bliss in a bowl



Perfect topping of pistachios and diced carrots!

Have you ever tried **Corn Thins**? They're like rice cakes, but with corn and thinner. The Original only have 3 ingredients (whole corn, oil, and salt) and only 46 calories for 2 things. They also come unflavored in Flax and Soy, Multigrain, Sesame, and Rice Thins; their flavored options are BBQ, Cheese, and Sour Cream and Chive.



I have only tried the original and sesame versions since I like a neutral base to add whatever toppings I choose. Both are great plain or broken to pieces and used for a snack or dipping, but its fun to experiment with different toppings on a whole corn thin.

I contacted Real Foods (the manufacturer) about a minor concern I had with one of the packages I bought. After using the code on my package to run a sample analysis (yes, they keep samples of each batch to test for quality!), they found nothing wrong with the batch of Corn Thins I purchased.

It turned out the package had a small hole that probably occurred while on the store shelf, and more my lack of attention than anything. But Real Foods cares about customer satisfaction and wanted to make sure I was happy; they shipped me a few new packages directly from their operations in Australia (they have cool stamps) just because.

I am extremely pleased with this company's quick response and attention to the quality of their product; make sure to pick up a package next time you are at the store. [Here is a link of recipe ideas](#) on their website; I loved the toppings I added to mine, and want to try something with peanut butter next.

**What would or do you use for topping things like rice cakes or corn thins? Do you think they are better as part of a meal or dessert?**

I say both!

**Happy What I Ate Wednesday.....eat your veggies!**

Recommend this on Google

Labels: [corn thins](#), [list](#), [review](#), [vegetables](#), [what i ate wednesday](#), [wiaw](#)

## 20 comments:



**Christine @ Oatmeal Bowl** April 10, 2012 at 11:37 PM

spicy smoked tomato salmon sounds Absolutely Delicious. Your meals look great! and you definitely got in an extra dose of veggies!

and i can't gulp air for snack or I stop at the convenience store on my way home to grab some chips to make up for it. ;)

[Reply](#)

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**RC @ Just Add Cayenne** April 11, 2012 at 12:38 AM

Thanks, Christine, I just feel lost if I don't have veggies around; of course I do like sweets too, so I need veggies at hand to keep me honest.



I may take a while before eating after lunch, and I'm usually really hungry since I work out in the afternoon, but I make up for it every night. I love the healthy comfort food at home.

---

[Reply](#)



**Rebecca @ Blueberry Smiles** April 10, 2012 at 11:57 PM

Your eats look great. I'm impressed that you can go all afternoon without a snack- I get so hungry lately! And I live corn thins too...such a good find

[Reply](#)

▼ [Replies](#)



**RC @ Just Add Cayenne** April 11, 2012 at 12:41 AM

Yeah, Corn Thins really should be available in more stores and on the eye level shelves. The store I get them from has them all on the bottom shelf!

It took a while to get past being hungry, but plenty of liquid (green tea and water) and high fiber vegetables help keep me fulfilled enough before the major chow-down at night!

Thanks for stopping by, hope you enjoyed!

---

[Reply](#)



**Jessica** April 11, 2012 at 12:24 AM

I love avocados...I swear, they make almost everything better!

[Reply](#)

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**RC @ Just Add Cayenne** April 11, 2012 at 12:45 AM

Agreed! Blended in a smoothie or sliced on a cool, crisp salad; either way they provide a healthy comfort food. Mmmm, now I want more!

---

[Reply](#)



**Brittany** April 11, 2012 at 12:31 AM

Those Corn Thins sounds yummy! I'll look for those next time I'm grocery shopping

[Reply](#)

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**RC @ Just Add Cayenne** April 11, 2012 at 12:55 AM

They are very good indeed. You might have to look on the lower shelves since that's where I find them. Maybe next to rice cakes? Skip the rice, get these and you'll be happy you did! Thanks for reading!

---

[Reply](#)



**Shannon** April 11, 2012 at 5:10 AM

I usually stick to sweet breakfasts, but after seeing your savory one I think I'm going to have a savory breakfast tomorrow, too. :)

[Reply](#)

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**Fran@Broken Cookies Don't Count** April 11, 2012 at 6:04 AM

I'm vegetarian so getting my extra veggies in is easy. Those corn cake things look terrific. Probably can't buy them around here (New Jersey) I'll have to search on line!



**RC @ Just Add Cayenne** April 11, 2012 at 4:33 PM

I'm glad I motivated you to try something new! I keep most of my sweet stuff (stevia) saved for the evening when I'm comfortable and away from work. All other meals are at work Mon - Fri and that's no fun in the office!

Let me know what you choose for your savory b-fast and if you liked it!



**RC @ Just Add Cayenne** April 11, 2012 at 4:34 PM

Hi Fran, I'm not sure if they are in the NJ area, but I hope their website will say they are! The Corn Thins are just the right size and make dipping easy too; rice cakes are just too bulky sometimes.

---

[Reply](#)



**Danica @ It's Progression Not Perfection** April 11, 2012 at 10:50 AM

I like to top rice cakes with almond butter, cinnamon, chia seeds, and sometimes a little honey!

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**RC @ Just Add Cayenne** April 11, 2012 at 4:37 PM

Mmmm, that sounds like a very tasty combo! Have you ever soaked your chia seeds in a liquid for a few hours? Mix them 1 for 1 with water and a sweetener or your favorite juice; they will swell and make a gel that can be spread on the cakes next time. I love doing this for an easy "jelly".

Thanks for reading my post, hope you visit again!

---

[Reply](#)



**Andrea @ Vegvacious** April 11, 2012 at 1:11 PM

Your meal combos look amazing!!! I love eggs and avo together - add a little sea salt and you have perfection :)

[Reply](#)

▼ [Replies](#)



**RC @ Just Add Cayenne** April 11, 2012 at 4:39 PM

Thank you, Andrea, I think the combos taste amazing too! I 100% agree, eggs and avocado are way better than the sum of their parts.....is that a good example of synergy?

---

[Reply](#)



**Kat** April 12, 2012 at 12:45 PM

Cookie recipe pinned. Hopefully someday I'll have time to try these!

I have never had corn thins, but I might have to try them soon.

[Reply](#)

▼ [Replies](#)



**RC @ Just Add Cayenne** April 12, 2012 at 11:02 PM

I promise, if you have the ingredients, it won't take too long to make. Just toss everything in a food processor, process, and then roll, smash, press, or eat right out of the bowl!



I hope you find, try, and like the corn thins; they really are under the radar in terms of tasty and healthy snacks!



**Kat** April 14, 2012 at 9:54 AM

Hey RC, do you know if you can get them at a "normal" health store or are they only found at health food/whole food stores?



**RC @ Just Add Cayenne** April 15, 2012 at 1:14 AM

I have seen them at pretty normal and well-known health stores. I'm not sure exactly which stores, but I just checked their website and they have a list of stores for each state. I saw you are in MI from your profile, so here is the link for MI stores that carry the corn thins.  
<http://www.cornthins.com/interUSAAAll.aspx?sectionID=24>

I hope this helps you find and try them!

---

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Sunday, May 25, 2014

## Real Foods Corn Thins Review!



It all began in 1980 in Sydney Australia with founder of Real foods corn thins Michael Pels.

Real Foods is in charge of distribution, marketing and production of their popped grain snacks.

Their also sold in Australia, United States and other countries around the world!

Their corn snacks are made from popped corn which in fact are made with all natural ingredients.

Their mission is to provide people from around the world with a healthy snack that tastes great!

I love rice cakes so when I came across these in my local food store I just had to try them out!

I then looked them up online and my mouth began to water due to all the yummy flavors they make!

I was sent a box of their corn thins for review to try out myself and couldn't wait to try all the flavors!

## APPENDIX 2918

<http://www.losingweight-kellibliss.blogspot.com.au/2014/05/real-foods-corn-thins-review.html>

Never give up



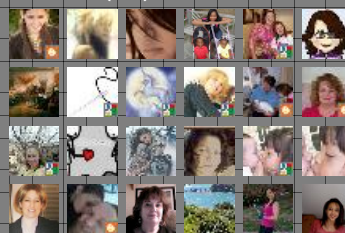
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Boxed Water Is Better Review!

Nuzest clean lean protein review!

Real Foods Corn Thins Review!

Influenster SpringFling Voxbox !



Here are some facts below:

Made with:

No artificial colors, flavorings or preservatives  
All natural  
High in fibre  
No added sugar

Here are the flavors I was sent for review!

Sesame corn thins:



I couldn't wait to try out this corn thin because I love food with sesame seeds in them whether it's a bagel, crackers or corn thins! So after I worked out in the gym for awhile I came home and made a nutritious snack of a corn thin with some Cinnamon raisin swirl peanut butter and it was amazingly delicious and was just what I needed for a snack! I loved how the corn thin was not big like other corn snacks and also that they didn't taste like cardboard.

Flax and soy:



This flax and soy Delicious corn thin made a great snack with some organic cream cheese spread on top with frozen organic blueberries and a drizzle of honey!

Sour cream and chive:

Sour cream and chive is my favorite chip flavor, which isn't healthy but with these corn thins I feel good about eating them! Bursting with sour cream and chive flavor! You can spread on some of your favorite cream cheese for a delightful snack or even lunch!

Original:

## APPENDIX 2919

<http://www.losingweight-kellibliss.blogspot.com.au/2014/05/real-foods-corn-thins-review.html>

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### About Me



Kelli Bliss

Hello everyone, Kelli here. Welcome to my world. I love to hang with my family and friends, laugh, watch movies, take walks, work out and to test products and share my reviews on them for you all to see!

[View my complete profile](#)



I went to the store bought some cottage cheese and thought that the original corn thin would be great with it so I spread some cottage cheese on the thins and then sprinkled some ground cinnamon and topped it off with some plump juicy organic raisins and it was delicious!

#### Tasty cheese:

Bursting with cheesy goodness! I love how the cheese isn't too powdery as some cheeses are on rice cakes and such giving it an artificial taste to them. These were amazing and was the perfect snack to get me through the day!

#### Multigrain:

Great for anything from cheese to peanut butter even jam!

They also have a honey soy flavor!

Check them out on their website and see where you can buy them !

#### Website:

<http://www.cornthins.com>

#### Facebook:

<https://www.facebook.com/cornthins>

#### Twitter:

<https://twitter.com/cornthins>

Posted by Kelli Bliss at 4:07 PM

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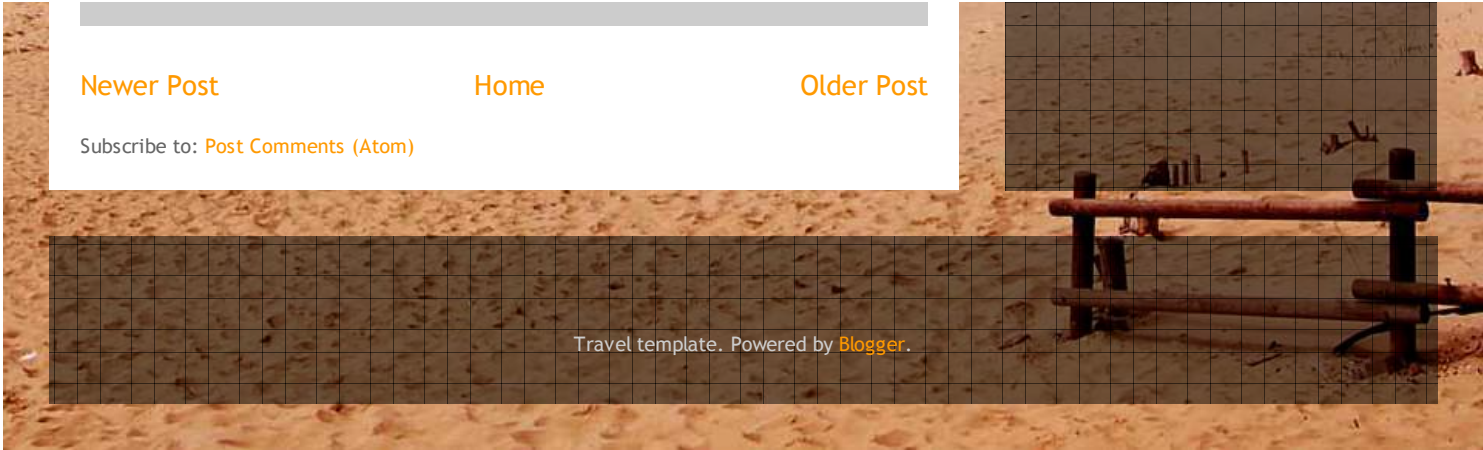
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WEDNESDAY, AUGUST 3, 2011

## Product Review: Real Foods Corn Thins



I love these corn thins because they are organic, very reasonably priced, and don't fall apart like rice cakes. I also love how thin they are. Check out my cute tostadas! Black beans, tomato, and avocado-how easy is that?

Posted by [Anneka](#) at 11:53 PM

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Reactions: ☐ funny (0) ☐ interesting (0) ☐ cool (0)

1 comment:



[Toune](#) August 4, 2011 at 12:44 AM

yummy! i love avocado!

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## ABOUT ME



[e](#) [Anneka](#)

Thank you for visiting my blog! In January of 2010, I started to flirt with a more plant strong diet, and it wasn't long before I fell head over heels! Not only is this life good for my body, the planet, and the animals, but it tastes great too! I started this blog to share the joys of eating and living vegan. I hope you'll try some of my recipes and see how yummy this life can be!

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Last night I was perfectly willing to sit on the recliner and do absolutely nothing, but Jason kept insisting on doing something fun, l...



[Stuffed Anaheim Chili Peppers covered in Nacho "Cheese" Sauce](#)

I know there are a lot of vegan nacho cheese recipes floating around out there, but I'm quite proud of this one I concocted on my own...



[Chickpea Tacos with Special Sauce](#)

I call the sauce "special" because I'm not quite sure what to call it, but it is silky, creamy, and full of flavor and spic...



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### Chocolate Mousse Cupcakes from Post Punk Kitchen

Hey every one! I haven't forgotten about my blog, just took a little break. I made these cupcakes for my friend

Celeste's bir...



### Green Enchiladas with Daiya Cheese and Gardein Chick'n Scalopini

Wow. These enchiladas are oozing with cheesy, creamy, faux meaty goodness. I've been on a mission to use up everything in my freezer, ...



### Mai Fun Noodle Bowl

Hey everyone! Thursday was my birthday and I didn't go out to dinner. Is that crazy? I know its an unwritten rule that you have to go...



### Vegan Chili Cheese Nachos

The ultimate street food enjoyed in the comfort of my own home. This is a modification of the highly acclaimed Nacho Cheese Dip from

Shmo...



### Ooey Goey Chocolate Cookie Bars

Hi. My name is Anneka Schneider, and I'm a sugar addict. I have since grown up from the typical college addictions like drinking and p...



### Summer Time Treats: Black Bean Burgers with Roasted Garlic-Jalapeno Aioli and Bisquick Blackberry Cobbler

I love my new camera, I love taking pictures outside, and I love these black bean burgers from a blog called VegLite-Healthy Vegan Recipe...



### Brown Rice Crispy Bites All Dressed Up

I know this is my third sweet post in a row, but I swear this is not just a dessert blog! I made these for a party and saved these fo...

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# Dietitian-approved low FODMAP brand name foods

November 4, 2011

It's not easy navigating a low FODMAP diet, at least in the beginning. Label reading, looking for tasty wheat-free foods, dining out...it can be a bit overwhelming! To streamline the process, I decided to share a few of my favorite low FODMAP brand name foods that are available in the USA- at least the Boston area or perhaps even online for purchase.

**BE sure to check ingredients ALWAYS, however, as manufacturers can change their ingredients at anytime!**

Of course, always start with whole foods first. There are plenty low FODMAP and gluten-free *natural* whole foods to enjoy! This picture was taken at Monash University's Dietitian's Seminar that I attended this September. All the foods provided for us were low FODMAP 😊 Look at this tasty low FODMAP fruit plate!





Foods that are carbohydrate free such as oils and meats-poultry, fish, lean beef- are all low FODMAP too!

But sometimes, we need to rely on a few packaged foods too, so here are a few that may make life a bit easier for you and your sensitive tummy.

For starters, I like Udi's **white** bread. This is a picture straight out of the freezer so maybe it doesn't look very enticing. But, really it tastes terrific.



I know, I know, it breaks all previous rules to eat white bread BUT it's hard to find a good whole grain **low FODMAP** bread that tastes good, at least from my experience. So, for now, I recommend Udi's white sandwich bread. It makes a tasty grilled cheddar cheese and tomato sandwich and is equally yummy with a smear of all-natural peanut butter or even almond butter. Udi's also has pizza crusts that are very popular and meet the low FODMAP and gluten free criteria.

I recommend nut butters that contain just nuts and maybe a bit of salt. That's all you really need. Watch out for some varieties that add honey! {A FODMAP, no-no!}

Whole foods almond butter is quite simple and yummy too.



My clients really like EviroKidz Gorilla Munch.





This slightly sweet cereal is wheat free and tasty too. Use a bit of rice milk, almond milk or lactose free milk and you have a belly friendly start to your day.

Erewhon gluten free crispy rice and corn flakes are two more of my favorite low FODMAP morning cereal staples too.



These corn flakes work great in place of bread crumbs! Just crumble them up and “bread” your chicken!

Looking to bake a quiche or pie for the holidays? Try these FODMAP friendly and gluten free pie crusts at your local Whole Foods—this is their Gluten Free Bakehouse product located in the freezer section.



I also like Real Foods corn thins. Many of my clients use them in place of bread to make a sandwich. I like 'em best with peanut butter and [Sarabeth's strawberry rhubarb jam!](#) {also low FODMAPs}



They are like a rice cake but made from corn are very thin, thus the name! These are great with nut butters, or perhaps made into a turkey sandwich.

Feel like baking, my favorite easy to use gluten free and low FODMAPs all-purpose flour blend is Namaste's perfect flour blend. Use in your favorite banana bread recipe and no one will know the difference.





And if you are looking for a little salt and crunch with your corn thin sandwich, try a handful of glutino pretzels.



Yup, these little pretzels are wheat free and a tasty treat!

My favorite low FODMAP and gluten free cracker is Blue Diamond's Almond nut thins.



NOT all varieties fit the low FODMAP criteria-but the original almond variety are low FODMAPs and gluten-free AND really, they are yum!

This little yogurt, Green Valley Lactose free yogurt, is a client favorite! Top off with some blueberries and a tablespoon or two of sliced almonds—mmmmmm!



To cap off the day with a sweet treat, my personal favorites...Aleia's peanut butter cookies.

APPENDIX 2934





OOOh very good.



Have you found any favorite Low FODMAP Brand name foods? Please share!!

APPENDIX 2935

<http://blog.katescarlata.com/2011/11/04/dietitian-approved-low-fodmap-brand-name-foods/>

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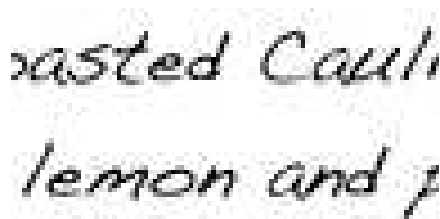
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My Low FODMAP Cookbook



Peace, Love and Fruity Popsicles



Another use for cauliflower!



Thankful



Sweet Potatoes with Cranberry Nut Topping

### About katescarlata

Registered dietitian with over 20 years experience in the nutrition and wellness field. Digestive health expert. Runner, Writer, Mom of 3, Dog lover especially my chocolate lab, LUCY! [View all posts by katescarlata](#) →

*147 thoughts on “Dietitian-approved low FODMAP brand name foods”*

November 12, 2011 at 12:23 am



kates.

Yah for your list of brand name foods, thank you! How do corn-based brand name snacks, not at Whole Foods, for example Fritos or Corn Nuts, work with FODMAPS?... I'm confused about the limits around corn. Tortilla chips are ok, yes?, but does that mean a corn tortilla, or a fried corn kernel, or corn chip is too? 😊



katescarlata

November 12, 2011 at 2:13 am

Corn tortillas chips and fritos are tolerated by my clients in suggested serving sizes—noted on labels. Sweet corn on the cob does have FODMAPs so should be limited to 1/2 cob portion. A couple corn tortillas to use at a meal would be reasonable. Personally, I say go with smaller amounts- don't go overboard. Corn in general has been a long suspected trigger for many with IBS and chips such as fritos that are high in fat too can pose a problem (when over consumed) as too much fat can be an IBS trigger. Hope that helps a bit!



kates.

November 12, 2011 at 8:07 am

Absolutely, yes, it helps! Will spread the word. I'm in Oakland, CA. Thanks for your great blog 😊



Ashlee

November 13, 2011 at 3:56 am

Thank you soooo much for sharing! I've been using your website frequently on my FODMAP diet and have fallen in love with Udi's...I even like their whole grain gluten free bread! I do have a question. Some ingredients say corn syrup is that the same as high fructose corn syrup? Is it okay on my low fodmap diet? Thanks again!



November 13, 2011 at 1:24 pm

To the best of my knowledge, corn syrup is okay on the low FODMAP diet. High fructose corn syrup, corn syrup solids, fructose, and fruit juice concentrate are sources of excess fructose and WOULD not be low FODMAP.

katescarlata  
APPENDIX 2937



a



Adam

January 29, 2012 at 5:35 pm

Can you recommend a brand name for brown rice syrup that is FODMAP approved?

katescarlat  
a

January 29, 2012 at 8:49 pm

Lundberg has brown rice syrup made simply with brown rice and filtered water.

[http://www.lundberg.com/products/syrup/Organic\\_Sweet\\_Dreams®\\_Brown\\_Rice\\_Syrup.aspx](http://www.lundberg.com/products/syrup/Organic_Sweet_Dreams®_Brown_Rice_Syrup.aspx)



Michelle

February 24, 2013 at 2:45 pm

If brown rice syrup is fodmap friendly is Grapeseed Veganaise ok?

Ingredients: (vegan, gluten free, dairy free) Expeller-Pressed Grapeseed Oil, Filtered Water, Brown Rice Syrup, Apple Cider Vinegar, Non-GMO Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate.  
Contains: Soy

Thank You for all you do to help others live better! =)

katescarlat  
a

February 24, 2013 at 9:29 pm

Brown rice syrup is a grey area. I have contacted several companies and it appears many of the brown rice syrups out there are okay—but there is the possibility of a brown rice syrup having excess fructose. The Monash team has not tested brown rice syrup yet. They have tested rice malt syrup and this is low FODMAP. I have not seen data on apple cider vinegar either—although I imagine small amounts would be okay. If you are done with the elimination phase I would give the grapeseed veganaise a try.



Kris

July 3, 2013 at 3:30 am

@katescarlata I don't understand how brown rice syrup could have fructose. By my understanding, it is composed solely of glucose molecules – singles, and in chains of twos and threes.

Here's hoping. 😊



Sedona

February 14, 2012 at 7:06 pm

Just heard about FODMAP this morning on TV. I have suffered terribly for 30 years with digestive problems, nausea, headaches, lethargy...you name it. I have been tested for Lactose intolerance 30 years ago and I wasn't intolerant. This past year, a DR did a celiac blood test and said I don't need to go gluten free. So, what do I do with this diet? Do I still eat milk and wheat products or even though those tests were OK, there is something in there that still bothers me? I am so beside myself from getting the same old answer, "IBS" too bad. ARGH I feel so crappy ALL the time and have no life.



katescarlata

February 14, 2012 at 8:55 pm

With your history you would not need to do the lactose restriction but wheat would be restricted because of the FODMAPs in it NOT the gluten. Milk is only a problem on the low FODMAP diet if you don't digest the milk.



Kara

February 21, 2012 at 5:11 pm

Hello! I also heard about the FODMAP diet on television (maybe the Today Show) the other morning.

So, for the past 7 days, I've followed a low FODMAP diet. I've felt great this past week! Minimal symptoms and increased energy for my half-marathon training.

However, I had corn spaghetti noodles last night (with a little SMART Balance butter) and afterwards I had an upset stomach.

Is CORN pasta known to be a trigger?

Also, is SOY LECITHIN a trigger?

Lastly, I seem to tolerate spelt bread fine. Is that unusual?

Thanks!! I've enjoyed learning more on this blog!



katescarlata

February 21, 2012 at 8:04 pm

Yay! Glad you feel better. I find this diet approach to IBS to be so therapeutic for SO many of my clients. Not sure why the corn pasta bothered you but not ALL types of corn flours have been tested for FODMAPs to my knowledge so perhaps it was an unusual blend. Try the rice based and see if you tolerate that better. Perhaps the plant sterols in the smart balance bother you?? which are hard to digest I believe. Most of my clients have tolerated corn pasta. Soy lecithin is okay. Spelt tolerance varies amongst individuals and different products. If you tolerate one product, you may not tolerate another spelt product... so stick with the one you know works and they try other spelt products cautiously.

Kate



Marsha

April 1, 2014 at 6:15 pm

Try Jovial brown rice penne pasta. Slightly different taste without sauce. Tasted exactly like wheat pasta and same consistency with sauce. I put a little olive oil on and then sauce. Cannot be reheated in microwave. Throw back in boiling water for 30 seconds for leftovers.



Kara

February 23, 2012 at 4:28 am

thank you for the response! i tried the rice and it worked well. good suggestion!

if you have fructose malabsorption, is it common to be lactose intolerant as well?



Kara



February 23, 2012 at 11:01 am

Hi Kara,

katescarlat  
a

They can go hand in hand, they are common in inflammatory bowel disease such as Crohn's. We see a fair amount with IBS symptoms to have issues with lactose. Fructose malabsorption is estimated to occur in 1 out of 3 people, but not all experience symptoms. It's the alterations in the intestine that contributes to the symptoms—such as different gut bacteria, alteration in pain sensation and movement.



March 4, 2012 at 5:19 pm

Hi Kate,

Kara

Do you know of any multivitamins without wheat and fructose?

I've cut out a lot of fodmap fruits and vegetables, and I don't want to be nutrient deficient because of doing so.

What are your thoughts?

Thanks!

Kara



March 4, 2012 at 5:51 pm

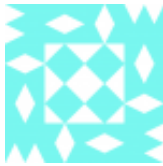
Look at Pure encapsulations t/d info here:

<http://www.healthegoods.com/multi-t-d-120-capsules-pure-encapsulations.html>

katescarlat  
a

February 9, 2013 at 6:45 pm

APPENDIX 2941



Leslie

The link to these vitamins says under Other Ingredients that it contains gluten. Maybe it doesn't contain much or maybe they changed the ingredients since you posted.



katescarlat  
a

February 9, 2013 at 8:51 pm

Hi Leslie, which link are you referring to—as this is a good point. But remember, the low FODMAP diet is not a gluten free diet. There are similar restrictions in a gluten free diet and a low FODMAP diet but gluten is a protein and FODMAPs are carbohydrates. Both diets restrict wheat, barley and rye but for different reasons. Traces of wheat are okay in the low FODMAP diet but not in the gluten free diet.



Kara

March 27, 2012 at 8:59 pm

Hi Kate!

It's me again!

Do you know if powdered cellulose could be a FODMAP?

Some cheeses bother me and some don't and I've narrowed the possible culprit down to the powdered cellulose added to some shredded cheeses. I think it may be a type of fiber?

Also, fruit and vegetable wise, if I'm only eating oranges, grapefruits, bananas, tomatoes, spinach and lettuce throughout the week (around 2 fruit servings and 2 vegetable serving/day), do you think a multi-vitamin is necessary to avoid a nutrient deficiency? (I'm also eating meats, oats, rice, and potatoes)

Thank you! Your blog is fantastic! I've made your granola bars and they are delish!

Kara

March 31, 2012 at 2:48 am

## APPENDIX 2942



katescarlata

Hi Kara- From what I understand, cellulose is a polysaccharide—carbohydrates that contain many chains of sugars. FODMAPs are carbohydrates with fewer chains of sugars so cellulose would not be a FODMAP. Polysaccharides can cause gas but they are fermented more slowly than the rapidly fermentable carbs such as FODMAPs. As for your diet can you try to expand your diet to include carrots, red peppers, perhaps kiwi to round out the diet a bit more? Are you working with a dietitian to help you balance your diet? I highly recommend working with an RD!



Jen

April 30, 2012 at 6:14 pm

Thanks! Great article! As a new low-FODMAP dieter with a major sweet tooth, wanted to see if you know whether Betty Crocker gluten free mixes are low-Fodmap? The brownie mix contains chocolate but no milk, only soy. Everything else looked ok. Ive been gluten free for 18 months now but This diet is tough!!



katescarlata

April 30, 2012 at 6:44 pm

I took a quick peek at Betty Crocker's gluten free brownie mix and the GF yellow cake mix and they are both low in FODMAPs to the best of my knowledge. Soy lecithin isn't an issue per se—you want to avoid products with soy flour which may contain GOS, a FODMAP source. Are you working with an RD to help you sort through the diet intricacies?....because that can make all the difference in the world!!



Jen

April 30, 2012 at 6:49 pm

Thanks again! I'm not working with a dietician but I have a friend that I will contact. As of now my doc says its temporary, but I have a feeling it'll be a permanent diet if it works. However if it helps, it's worth it!



Brett  
APPENDIX 2943

May 30, 2012 at 7:46 pm

Kate,  
Which non gluten free cereals are good on the fodmap diet? I read corn flakes are okay. How about Kashi Heart to Heart or Cheerios? They do not have high



fructose corn syrup and wheat is not a main ingredient. I'm also looking into changing breads. I've been eating Friehofer's whole wheat and was wondering if a white or potato bread is better or if I have to go straight for gluten free. I'm cutting things out one at a time and have just eliminated apples, pears, and onions. And one last question – pasta. It doesn't seem to make anything worse and I'm a marathon runner so need to carbo load. I usually have pasta the night before and bagels in the morning. Any suggestions for substitutes? Thanks in advance for your advice!



katescarlata

May 30, 2012 at 11:27 pm

Cherrios, cornflakes, rice krispies, oats, oat bran are all good low FODMAP choices. Kashi cereals generally speaking have inulin and wheat so I would suggest avoiding. White sourdough bread may work...but I suggest starting wheat free at first...perhaps try Udi's gluten free. You can carb load with rice and potatoes or perhaps rice pasta?



Brett

June 2, 2012 at 2:37 pm

Thanks Kate. I was reading the list of fodmaps caution foods and it is not clear to me whether soy products are okay. I usually have a piece of matzah everyday and I wanted. To substitute gluten free soy crisps for that. Are these fodmap friendly? I'm finding it hard to pinpoint what my triggers are as I don't know how long after eating them it takes to take effect on how I feel. Thanks so much for your help.



katescarlata

June 2, 2012 at 3:03 pm

Soy products vary in FODMAP content. Tofu is processed and is low in FODMAP while soy milk varies widely in FODMAP content depending on how it is processed. Soy crisps are made with soy flour and likely contain FODMAPs.

June 7, 2012 at 5:51 pm



Stephanie

What type of processing of tofu makes it low-FODMAP friendly vs. not? I'm thinking of making my own but don't want to go to those lengths if the method I use won't work for my loved one's diet. Thanks!!

katescarlat  
a

June 8, 2012 at 1:05 am

I have not made tofu yet...but my understanding is when you add the coagulant to the soy milk, the protein coagulates while most of the FODMAPs would be lost in the liquid. The coagulated protein would create the tofu.

Brenda  
Bates

July 8, 2012 at 12:24 pm

Hi

I live in Australia and I've been on the low FODMAP diet since July 2010. I have fructose, lactose and fat malabsorption as well as small bowel bacterial overgrowth (had radiotherapy and chemo in 2007).

I follow a strict low FODMAP diet and it does work, but you have to get the timings right.

The latest booklet from Monash has some changes to the previous one, in that some foods that were OK before, now have a 'no more than' attached to them and some others that were not on the list ie avocado, is now included – love avocado, but body hates polyols, so still a no go for me.

One thing you may not be aware of is that sorbitol (and other polyols) can be an ingredient in medication. It is in the anti-diarrhoea drugs I was prescribed and when I realised they contained sorbitol, and changed to another brand that didn't contain it, it made a difference. Most of these drugs, including the over the counter ones, contain ingredients at odds with a low FODMAP diet and as my tolerance is minimal, I need to get detailed information on any medication I take.

July 8, 2012 at 1:07 pm



katescarlata

Excellent comments Brenda. My checklist should include all the Aussie updates: <http://blog.katescarlata.com/fodmaps/fodmaps-checklist/> and the good news is the Monash team will be publishing their latest FODMAP booklet in the next week or so—and they also have a food composition booklet coming out probably in September/October—I am hoping anyway!

Medications certainly can have traces of polyols—I have found mostly mannitol and sorbitol. Although likely only traces of these ingredients are added—certainly it can add up! Even some of the lactase enzyme products have small amounts of FODMAPs—go figure. Many probiotics will also contain FOS or inulin which can be particularly problematic. In the US, inulin is creeping into so many foods it drives me CRAZY! Reading ingredient labels is essential to follow this diet properly and avoid hidden FODMAPs. Glad you stopped by and I appreciate your comments.



betsyangwin

July 12, 2012 at 3:24 pm

My daughter has struggled for 9 months with a queezy feeling in her stomach. She was treated for h-pyloria and was cleared of this; however, she was left with a very sensitive stomach. We have cut out lactose and some fruit. We will try the fodmap diet and see if this helps. It looks as if there have been really good results. Thanks for all of the tips on which foods to eat. I will continue to read this as I will need to help to prepare the safest foods for her. She has been a trooper but this has been emotionally hard for her since she is only 12. thx



Melinda

August 26, 2012 at 10:28 pm

I was wondering if Chlorella is acceptable on a FODMAP diet. I was told it was an easier protein to digest. Would it pose any digestive problems?



katescarlata

August 27, 2012 at 12:54 am

Melinda-

I have no idea if Chlorella would be acceptable-it is a source of carbs and fiber along with protein so I am not sure. Sorry.





Kathy  
griffiths

October 20, 2012 at 11:33 am

I am very new to this and so want to do it properly what is the best way to read food labels????



katescarlat  
a

October 20, 2012 at 12:51 pm

Kathy- Reading labels can be challenging as there are many ingredients in “food products” that we just don’t know about whether they are low in FODMAPs or not—thus, there is some ‘grey’ areas that we have to make best educated guesses. That being said, ingredients to avoid: high fructose corn syrup, milk, sour cream, molasses (until we analyze), inulin, chicory root, fructans, onion, garlic, soy flour, soy milk, wheat ingredients (all-purpose flour, wheat bran, whole wheat etc), barley, rye, bean flours, honey, agave, fruit juice concentrates, dried fruits, apple, pear **to name a few**.



Anony-  
Moose

December 22, 2012 at 6:17 pm

I’m seeing a lot of mentions of organic products in general when discussing FODMAP diets. I am not clear what is the connection between organic and FODMAP except that foods without FODMAP stuff might be more likely to be organic? But other than that, it seems there is no connection between organic and FODMAP. Am I missing anything?



katescarlat  
a

December 22, 2012 at 8:32 pm

Typically organic products would not contain high fructose corn syrup.

December 22, 2012 at 10:10 pm



Anony-  
Moose

Thanks. I guess I'm scratching my head at that because I see plenty of organic foods with honey, fruit sugars, or other FODMAP-problematic sweeteners. I'm just not understanding why organic pops up so much. It's not just here, I'm seeing it in many places.



April

February 1, 2013 at 3:02 pm

Please help! I'm a vegetarian that just started a low fodmap diet and I keep getting conflicting information. The Monash app says that almonds are NOT ok, but almond milk and butter is? The list my doctor gave me, is different from a lot of what I am reading online. I have been sick a long time and I really think this can help me, but I want to do it right. Thank you!

April



katescarlat  
a

February 1, 2013 at 3:15 pm

Hi April, First of all, try your best not too get too stressed out by the diet. 😊 Easy for me to say, but I do remember when I first was learning it myself...it truly gets easier as you go along.

The Monash app DOES 'RED light' almonds—but if you look at further at almonds on the app—10 almonds per sitting is allowable. I know that is not a ton of almonds—but enough to still enjoy them at each meal. Almond milk is a grey area because there is no information about its FODMAP content. The majority of my clients have tried it and tolerated it in small amounts. Some of my clients find it is a trigger...so different brands may or may not work. So, I would suggest trying rice milk initially and then trying almond milk at a later date to assess your tolerance to it. Butter is low FODMAP. Buttermilk contains FODMAPs. Because the diet is still evolving as new foods are tested with the new and more accurate equipment at Monash University—lists will vary online. The app is hot off the press so is the best resource we have now...and I have updated my list with many of the key new foods added. Hope that helps.



Meghan  
APPENDIX 2948

February 5, 2013 at 2:53 am

Hi Kate

Do you think these oatmeal packs are low fodmap?

<http://www.vigilant-eats.com/products>

February 5, 2013 at 3:56 pm

Meghan, not sure about some of the ingredients—have not seen any data on them. Coconut palm sugar may be an issue as it's low GI which makes me wonder if it is not absorbed well and therefore...a FODMAP.

katescarlat  
a



Lorraine  
Gray

February 15, 2013 at 3:40 pm

Hi there I never heard of Fodmap until this week – like everyone who has posted have suffered for years and had tests and sent off with IBS and told its trial and error. I have sever hunger pains and start of the day with a flat tummy but am distended and in pain when I get home from work... I wear clothes that will hide my bulge when my stomach swells late in the afternoon. I'm still in a haze and will ease into it gently.... I'm going shopping what yogarts can be consumed... if milk is lactose can I just choose lactose free yogarts?

thanks,  
Lorraine



February 15, 2013 at 3:47 pm

Lorraine-

Your symptoms seem very typical of small intestinal bacterial overgrowth and I hope that you have been screened for this. If not, you may want to discuss the testing with your gastroenterologist.

Lactose free yogurts that are **free** of other FODMAP ingredients such as inulin, chicory root, should be well tolerated.

katescarlat  
a



February 15, 2013 at 5:09 pm

Thanks for the feedback Kate... Its been sometime since I had all the testing done so might go that route again... I will try eliminate the foods but as in your earlier post to one of the other subscribers – it will take



Lorraine  
Gray

time to get used to it... thank god for smart phones – just got the app so have some guidance for now.

Lorraine



Adam Soll

February 25, 2013 at 1:44 am

Kate,

I was wondering if you could recommend any protein powders that are FODMAP friendly in addition to containing no lactose.

Thanks



katescarlat  
a

February 25, 2013 at 1:21 pm

Adam, Why the need for protein powder? Most FODMAPers get ample protein on the diet. I find the less 'product' use the better. However, if you feel strongly about needing a protein powder or your tolerance or desire to consume other protein rich foods is minimal—Perhaps try this protein powder. <http://www.nutribiotic.com/rice-protein-vanilla-21oz.html>



Natalie S.

February 26, 2013 at 1:39 am

Hi Kate!

I have IBS-A, and just started the low FODMAP diet about a week and a half ago. I have noticed significant positive results so far in stomach cramping. 😊 The bulk of my IBS symptoms started in 2009 when I had my gall bladder removed. Over the years I have found that by taking one stool softener a night helps me to really manage my bowel habits, however, just now I noticed that they contain both "propylene glycol" and "sorbitol special". Do you recommend trying to find a stool softener without these ingredients, or do you think that because they are not main ingredients that it will be okay?

Thanks



katescarlata

February 26, 2013 at 2:37 am

Natalie,

You ask a difficult question—I could go both ways with this... It might be good to stay the course with your current regimen and see how you respond on the diet—you may find you don't need a stool softener after a while on the diet—many of my clients get off all of their laxative products! If you change your softener and the diet at the same time, you may have a difficult time figuring out what is helping you —the change in stool softener or the diet. Also, remember: Adequate low FODMAP fiber rich foods are key on the low FODMAP diet and some individuals forget this. Eventually, if you still need a stool softener—you may try another option.



Natalie S.

February 26, 2013 at 4:25 pm

Kate,

Thanks for your response! I think I'll just stick with the stool softener I'm on now and then tailor it to my needs once I'm further along in the diet.

Another quick question. So far I've just been doing the diet on my own with a considerable amount of research. I live in North Carolina, near Raleigh, and I didn't know if there are any registered dietitians that are familiar with the low FODMAP diet here. I've been having some trouble finding anyone, and didn't know if you had any connections here or suggestions on how to find someone.

Thank you 😊



katescarlata

February 27, 2013 at 2:59 am

Natalie-Check out my colleague Patsy Catsos' dietitian registry-there seem to be some FODMAP knowledgeable RDs near you.

<http://www.ibsfree.net/FODMAP-Friendly%20Dietitian%20Directory1.pdf>

April 2, 2013 at 2:09 am



lyndsay

Snyders makes a gluten free pretzel, and Original Rice Chex is a great gluten free (and low FODMAPS as far as I know.) and rice krispies makes a gluten free brown rice cereal too. Udi's Omega, Flax and Fiber bread is OUT OF THIS WORLD! Seriously I would pay \$6 a loaf, gluten free or not! Its delicious. Better than every bread I've ever tried.

Aren  
Cambre

April 2, 2013 at 1:44 pm

Just a comment, but there appears to be an obsession with gluten free here. FODMAP is not about gluten, a protein, it's about carbohydrates. Isn't it true that gluten is irrelevant unless you specifically have a gluten sensitivity or allergy, which is a different condition than a carbohydrate sensitivity? Sure, people doing low-FODMAP diet may end up with some gluten-free products, but that is coincidental. Also, several gluten-free products are NOT OK for FODMAP-sensitive people; I've seen several that contain FODMAPs like inulin and fructose.

katescarlat  
a

April 2, 2013 at 4:42 pm

Aren-You make many valid points which I have addressed many times on this blog. Wheat, barley and rye are sources of FODMAPs and Gluten so there is some overlap when looking at both diets. Gluten free does not mean a product is FODMAP friendly and visa-versa.



Marsha

April 3, 2014 at 8:51 am

Here's your bread suggestion that I couldn't find yesterday. Yea!



Alex

April 17, 2013 at 6:50 pm

Hi Kate,  
Congratulation on your whole blog! It a great source of trustful information for all us that have IBS and are on FODMAPS. I wanted to ask you though about corn things. In this part of your blog you recommend them as safe, however, I downloaded the MOnarch app on my iPad, and corn thins, even the plain ones,



are catalogued with FODMAPs Oligos, and therefore intake should be moderate. What's your opinion?

Another question is Almond milk, my reasoning was that if almonds are high in FODMAPs, then the milk would not be very good as well because in the milk we get the sugars from the almond even though there aren't many in almonds. So is almond milk safe or not?

My last question is: are there any updates on miso and tempeh? I've been craving badly for tempeh since I know I can't have it and I'm not a huge fan of tofu...

Anyway thank you for all your patience and dedication to all the million questions we keep asking you!!

Have a great day!

Alex



katescarlata

April 17, 2013 at 8:22 pm

Hi Alex...Corn products are a bit tricky as all corn is not the same. Polenta is low FODMAP while other corn such as sweet corn is moderate-high. The corn thins are allowed but only 1 corn thin per sitting. As the diet evolves with more food testing...some foods get added, some modified such as the corn thins and others taken off the diet.

The app does allow tofu and tempeh so certainly give it a try. Miso has not been tested as far as I know...and I do not allow at this time. Almond milk is being tested. I had thought it might be okay at first....but I have had a few clients have challenges with it. Since only 10 almonds are allowed per sitting—it certainly could be an issue. We will see when the Monash U researchers publish their findings. So I would say NO on Almond milk at this time...but perhaps that may change.



Alex

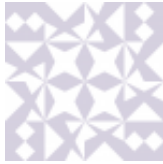
April 18, 2013 at 9:12 am

Hi Kate,

Thank you very much for such a quick response! Sorry for all the misspelled words though, I was writing yesterday from my phone. I have a bit more questions, sorry!!

1. So, got it with the corn! What about home air popped popcorn, and corn meal?

2. OK, on the almond milk, will keep it low or non at all. I get what you mean with the updating research and how things can change. I was a bit happy though that my reasoning wasn't that crazy 😊  
Thanks for the info again! Have a great day!  
Alex



Dvora  
Citron

May 22, 2013 at 8:16 pm

Hi Kate,  
Patsy's Elimination Diet list includes 8 oz. Almond Milk. Is that still a currently allowed item? I've been having that each morning with my coveted one cup of coffee and my oatmeal...



katescarlat  
a

May 22, 2013 at 8:23 pm

Dvora, this is a burning question...we simply don't know yet. The Australians are evaluating Almond milk as we speak and it is my hopes we will have an answer soon. I initially thought it might be okay, but when the almond quota was noted to just be 10 almonds per sitting and the FODMAPs in almonds are water-soluble—my concerns were that the FODMAPs just might leach out into the milk. Some of my clients seem to tolerate almond milk, others have not. I would suggest during the elimination phase NOT to have it and then test your tolerance when you do the challenge phase. And when I hear about what the Australian researchers find out...I will be sure to post!



Alex

April 17, 2013 at 6:55 pm

I forgot to ask you about soy yogurt!!! Just read here on the Arizona University webpage that soy yogurt is hi in FODMAPs.... Does the same principle from hulled or whole soya beans apply to the yogurt? Or is it because it's another toe of process??

Thank you Kate!!!!

April 17, 2013 at 8:27 pm

## APPENDIX 2954



katescarlata

Soy yogurt would be a potential source of FODMAPs if made with whole or hulled soy beans OR if it has added inulin or chicory root OR other FODMAP ingredients. I have not found a soy yogurt in the US that is low FODMAP or a soy milk in the US that is suitable.



Alex

April 18, 2013 at 9:22 am

I live in the UK, and the soy yogurt I buy is Pouring Plain Alpro. The ingredients list is this: Water, Hulled soya beans (7.9%), Sugar, Tri-calcium citrate, Stabiliser (Pectin), Acidity regulators (Sodium citrate, Citric Acid), Sea salt, Antioxidants (Tocopherol – rich extract, Ascorbyl palmitate), Yogurt cultures (*S.thermophilus*, *L.bulgaricus*), Vitamins (B12, D2). <http://www.alpro.com/uk/pouring-yogurt>

1. I thought this yogurt was ok because it's made with hulled rather than whole soya beans, and doesn't have any other FODMAP ingredients like inulin, chicory, etc. But your response has confused me now 😞 Is it ok or not?

2. And last question, Do you know about nutritional yeast? I take this one, and even though it has carbs (38g/100g), it doesn't have any sugars. What do you reckon?

A TRILLION THANKS AGAIN FOR YOUR PATIENCE!!! There should more like you in the UK!



katescarlata

April 19, 2013 at 5:02 pm

I believe Kings College has Alpro as an acceptable soy yogurt on the low FODMAP diet—would recommend you consult with Kings College London as they have some handouts that you could purchase and they refer to some UK brands. Not really sure about nutritional yeast—would guess it would be okay....



April 18, 2013 at 9:23 am

The name of the Nutritional Yeast I take is Marigold Nut. Yeast B12.

Alex

[http://www.goodnessdirect.co.uk/cgi-local/frameset/detail/579638\\_Marigold\\_Yeast\\_Flakes\\_with\\_Vitamin\\_B12\\_125g.html](http://www.goodnessdirect.co.uk/cgi-local/frameset/detail/579638_Marigold_Yeast_Flakes_with_Vitamin_B12_125g.html)



Alex

April 18, 2013 at 10:45 am

I'm so sorry I keep asking in different posts, but I forget to do them at the same time!

1. Sunwarrior protein? it's made with raw whole grain brown rice. And the vanilla flavoured has rice oligodextrin (fodmap?), vanilla extract (fodmap?), stevia (fodmap? probably inulin right?), xanthan gum (fodmap?) and pectin (that's fine right?). <http://www.sunwarrior.com/product-info/classic-protein/>

I keep asking about these foods, because I'm dairy intolerant and vegetarian, so meeting my protein needs is challenging. I try to stick all wholefoods all the time, but sunwarrior supplement is a good option I think.

2. The other food is about corn again. What about sprouted corn tortillas?

<http://www.foodforlife.com/product/tortillas/sprouted-corn-tortillas>

3. Lastly, do you reckon sprouted mixed beans (adzuki beans, red beans, mung beans...) and lentil sprouts have less FODMAPs than regular soaked and cooked pulses? And do you think that by double soaking beans and using an acid in the water (lime, vinegar...) make a difference in FODMAP content? I know Monach U, has all beans in the red light, it would just be nice to have them without the bloating and all the rest.

FOR ABOUT THE THIRD TIME, A MILLION THANKS FOR YOUR SUPPORT!!

Alex



katescarlat  
a

April 18, 2013 at 7:24 pm

Alex you have great questions! I would advise you meet with a dietitian to help you sort out what foods may be suitable for you. There are quite a few Dietitians in the UK that have attended the Kings College London course. Unfortunately, I get 100's of questions via email, phone and many on the blog and its impossible to answer all of them. As time allows I will likely answer some of your previous queries.





Alex

April 18, 2013 at 8:25 pm

I'm trying to get referred to one through my GP. Unfortunately the health system in the UK is very bureaucratic, and for the moment I can't afford to go privately for a nutritional consultation. For the moment with my GP it's a constant "fight" and arguing and enlightening her with FODMAP, etc. My story is too long... And I think I'm still at least another 4 weeks away before I see a registered dietitian in the UK... It's crazy I know. I understand how busy you can be, so I'll just sit tight and wait patiently 😊 MANY THANKS AGAIN.



katescarlata

April 19, 2013 at 5:00 pm

Alex, I think the product ingredients you listed in the sunwarrior protein would be okay. Stevia isn't a FODMAP some stevia 'products' add FODMAPs but if it's simply stevia that should be okay. Xanthan gum is not a FODMAP but can cause gas as it's rapidly fermentable. The corn tortillas—I am not sure...I always had thought that they would be okay and may be okay—but they have not officially been tested. Sprouting beans may lessen FODMAPs but I have not seen actual data on that. And yes, double soaking and RINSING beans is a good way to reduce FODMAPs...Bear in mind, canned lentils (1/2 cup) and canned chick peas (1/4 cup) are considered low FODMAP servings.



Alex

April 20, 2013 at 2:24 pm

Many thanks again!!!!



Alex

April 20, 2013 at 2:28 pm

I know about the booklets from Kings College, but they are only available to buy for dietitians, so I can't buy them.... Yet... Anyway thank you for your support and for answering most of my questions!! I'll keep an eye for the nutritional yeast, sprouted corn tortillas and popcorn! Have a great weekend!

Alex



Gayla

May 9, 2013 at 11:33 pm

Hi Kate. I was so happy to find your website and have ordered and read the book. I'm trying some of the recipes now. You emphasize repeatedly to seek guidance from a dietitian that is knowledgeable about fodmap diets. I have searched endlessly on the internet to find such a dietitian in my area. It seems that all the dietitians are working for a hospital or organization and don't have private practices. Please advise. I live in Fresno, California. Also, is propylene glycol considered a high fodmap ingredient. It is the 2nd ingredient listed in a bottle of Mio liquid water enhancer that I recently bought. Thanks.



katescarlata

May 10, 2013 at 12:03 am

Hi Gayla, Nice to hear from you. Just a word about my IBS book—because the diet has evolved since I wrote the book, please note that many recipes include garlic/onion salt and powders and they have since been NOT allowed. So substitute green part of scallions or garlic infused oil when possible. I would check out my colleague Patsy Catsos' RD list on her site: <http://www.ibsfree.net> to see if there is an RD near Fresno. Propylene glycol does have osmotic effects (adds water to the intestine) so could contribute to diarrhea but not sure that it technically is considered a FODMAP.

Dvora  
Citron

May 22, 2013 at 8:51 pm

Are products that contain organic inulin considered low FODMAP?



May 22, 2013 at 9:05 pm

inulin (organic or not) is a source of FODMAPs—in the fructan family. It is commonly added to foods and may be indicated by chicory root on the ingredient list. Most coconut yogurts have added chicory root and inulin in the

katescarlat  
a

US, it is also added to probiotic supplements to serve as a prebiotic for the bacteria. Prebiotics are food for bacteria. I think most IBS sufferers already have overfed their bacteria!



Lani  
Thornton

June 9, 2013 at 1:12 am

Thanks Kate for a very informative site. I am getting pinching, squeezing, twisting pains on the upper left side of stomach, then it moves down. Had bloating and flatulence. My gastroenterologist had ruled out colonoscopy as the symptoms are getting lesser (been feeling it for 6 months) but will see him again later for follow up management. He has put me on low fodmap diet and am trying to stick to it. The pain seems to come back when i eat rice [being asian, i love it and maybe i'm eating too much of it each time; and being asian I am also lactose intolerant]. Thanks again, now I know I have to listen to my 'gut feeling' as food can give different effects to different guts. More power to you.



Taunya

June 13, 2013 at 6:54 pm

Regarding using the corn flakes to "brad" your Chicken. What would you suggest to use to get the flakes to stick to the chicken?



Taunya

June 13, 2013 at 6:54 pm

sorry, to "bread" the chicken.



katescarlat  
a

June 13, 2013 at 10:54 pm

If you 'bread' chicken with corn flakes you can dip the chicken in egg and then press into crumbled corn flakes or GF bread crumbs or a mixture of them both.



Louis

July 14, 2013 at 8:11 pm

Posting a comment, so that I may subscribe to the comments :).



Beth

July 15, 2013 at 3:57 am

Kate, how much almond milk and almond butter are allowed? Also, is 1/2 corn cob still okay, or have updates changed that since 2011? Thanks. Oh, is tortilla chips with 4 grams fat per serving okay along with some homemade safe guacamole?

katescarlat  
a

July 15, 2013 at 12:10 pm

1/2 cob of corn is still okay. Almond milk has been only tested once from what I gather and it came out high in GOS. BUT, testing needs to be done in triplicate so we'll know more when the Monash team finishes the testing of almond milk.

Almond butter should be limited to 3/4-1 Tablespoon max as almonds are one of the higher oligosaccharide containing nuts. I have not seen actual data on tortilla chips but I do allow them. I think 4 grams of fat should be okay but tolerance to fat is very variable in IBS patients... so see how it goes. If fat is a big trigger, then testing for small intestinal bacterial overgrowth should be undertaken, in my opinion, as this condition contributes to fat malabsorption. With small intestinal bacterial overgrowth, the bacteria in the small intestine make your body's bile inactive so that it can not do it's job of breaking fat down for digestion.



Beth

July 15, 2013 at 12:20 pm

thanks so much kate. I wanted to eat the tortillas with the safe guacamole but that would increase the fat content even more. I need to get retested for SIBO as I am on day six of chronic, explosive diarrhea and I am usually IBS-C big time! I don't know what is going on or how to treat it. 😞 I don't know what to eat during this intensive time of horrible D. I don't know if I should stay away from all veggies and proteins in addition to all fats of all kind or what. I am deathly thin and I cannot lose any more fluids or food, but also I need to eat more protein and fats to help me gain weight...but those might be causing the D? I'm so



confused. Sorry to vent. I'm scared.



July 15, 2013 at 12:28 pm

Beth, if you have had a drastic switch in your bowel habits, that warrants a call to the doctor immediately. I wish I could provide nutritional guidance, but at this point you need help from an MD and an understanding of what is going on in your body.

katescarlat  
a



July 15, 2013 at 12:40 pm

MD or a gi, Kate? Although to get into a GI usually takes a while and this is an emergency. Not sure who to go to...but most likely someone is required.

Beth



July 15, 2013 at 12:44 pm

Hi Beth, call both offices. At a minimum have your GI doctor call you back and provide some insights. If neither have time to see you today, personally, I would suggest the emergency room. Keep us posted because you have a group of nice IBsers thinking of you!

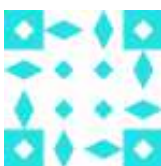
katescarlat  
a



July 15, 2013 at 12:49 pm

<3. I'm so scared.

Beth



July 22, 2013 at 10:11 pm

Are coconut products o.k.?

Lori Miller

Plain shredded coconut  
Coconut Milk  
Coconut Oil

## Coconut Vinegar

Also, Braggs Liquid Aminos



July 22, 2013 at 10:35 pm

katescarlat  
a

Yes, Lori most coconut products are okay: plain shredded coconut, coconut milk, coconut oil...I have never seen coconut vinegar—but it should be okay. I believe the aminos would be okay too. They have a gram of carb-not sure about the breakdown of it but would think it would be okay.



Beth

July 22, 2013 at 10:58 pm

Kate, I read that shredded coconut had fodmaps and that it must be very limited.

Any news on whether plantains are okay yet?

Let me know about the plantains and the shredded coconut. Thanks so much.

katescarlat  
a

July 23, 2013 at 10:53 pm

Have no data on plantains....didn't get an answer on that yet. Shredded coconut is in the Monash app as GREEN light in quantity of up to 1/4 cup.



Beth

July 22, 2013 at 11:07 pm

do you have a "search" button?



Beth

July 23, 2013 at 1:31 pm

Also read that only two tablespoons of coconut flour at a time?



Aubrey

July 22, 2013 at 10:39 pm

I love the foods you've listed so far, they've really tasted good.

Thanks! 😊

Love,

Aubrey



Beth

July 22, 2013 at 11:05 pm

Can you give me info on almond butter, almond milk and almonds? What "milk" product do you use, Kate?

katescarlat  
a

July 23, 2013 at 10:37 pm

I use lactose free cow's milk, coconut milk and rice milk as low FODMAP options. Almond milk is being tested now—. Almonds should be limited to 10 and almond butter about 3/4 TB per sitting.



Beth

July 23, 2013 at 10:48 pm

Thanks, Kate! Please update on almond milk once it is tested! Maybe I should switch to rice or coconut (although I don't remember liking that one). I am leery of the lactose free cow's milk as it still contains real milk with just an enzyme added.

Too bad about the almond butter limit...as it is so much better than peanut butter! IMO!



sher

August 3, 2013 at 4:50 am

Now that I can find gluten-free Bisquick™ at most grocery stores it is the best go to for quick pizza crusts, pot pies and pancakes! Wow! Recipes are on the box of too!



dkaj

August 6, 2013 at 5:59 am

Hi Kate,

I am wondering if Xochitl chips are ok. It's pronounced (so cheel). They are a wonderful mexican style corn chip, similar to the crisp ones you get at Mexican restaurants. My kids love them, and they have no gluten. They are made with stone ground white corn, water and lime. We buy the original styles.

<http://www.salsaxochitl.com/#>

And, if you think they are ok, should there be a limit on these?? Since their diets are restricted due to FM/IBS, they don't get many sweets, so they tend to "go to town" on these.

Another snack food I've found is good old fashioned original flavored Bugels.

<http://www.generalmills.com/Home/Brands/Snacks/Bugles/Brand%20Product%20List%20Page.aspx>

Any advice on these, if they are ok?? Oh, and the last ingredient on the list is BHT. What are your thoughts on this as a preservative?? I've read mixed reviews on the net, so would be curious to hear your opinion from a dietitian's point of view.

On another note, for those who are not lactose intolerant, Breyers ice cream is made without HFCS, and only has 6 ingredients which is hard to find these days. (Target and Hyvee sell it). They do have Tara gum listed as an ingredient. Is this fodmap friendly? I'm not even sure what it is, or if it's just another name for xantum gum. Otherwise, Turkey Hill has an all natural vanilla bean – once again for those not lactose intolerant.



August 6, 2013 at 11:39 am

Deborah, I do allow the corn chips—but I do think it's wise to limit to a serving or so. Corn varies in FODMAPs depending on the type of corn and



katescarlat  
a

this info remains largely unpublished so its a gray area. From what I gather the ground corn products may be higher in FODMAPs compared to corn flour but again, I don't want to speak too soon on this. My clients seem to tolerate corn chips when they don't go overboard. The bugels seem okay too—may actually be lower but of course, more processed. BHT has mixed research —some studies suggest it is linked with cancer risk and some suggest it minimizes cancer risk. My take on 'packaged foods' is to minimize them and these additives. It's truly a personal decision— I buy packaged foods that my kids enjoy but it's not our main staple....more of a treat.



dkaj

August 9, 2013 at 2:35 am

Thanks Kate for the reply. Good to know they both are acceptable in moderation. Just hard to find treat options that are not sweet for kids so they feel like a "normal kid".



Abby

August 9, 2013 at 2:45 am

I have IBS-C and still trying to keep in under control, following a Low Fodmap, Paleo influenced diet. I work full time, so my kitchen cook day is Sundays. My miracle flour i swear by is coconut flour, which I use in 1/2 cup measures for my sweet potato muffins or 1/3 cup for brownies. Low glycemic maple syrup for sweetener is used. Small corn tortillas (2 to 3 per meal once a day) made just from corn for fajita meat tacos. These are my main carb needs that i eat on a fairly regular basis. I carefully consume the brownies and muffins in increments, so a single muffin or a normal sized brownie is the daily portion size. Little is mentioned about the use of coconut oil and coconut flour and milk. Does my use and quantity of the above food staples seem about right? Please advise!



katescarlat  
a

August 10, 2013 at 12:14 pm

Abby, I have not seen data on coconut flour so can't advise you on this. Brownies made with cocoa would not be allowed—cocoa is high in FODMAPs and the sweet potato cut off is 1/2 cup per sitting. Coconut water and milk is low FODMAP> And of course, since FODMAPs are carbs and coconut oil does not have carbs it would not contribute FODMAPs.



Tara

September 7, 2013 at 12:52 am

IBS sufferer and was just advised by my doctor to try this diet. I was told spelt break is okay? Not sure what it is. Is ezeikel break ok? Is that considered spelt break?



katescarlat  
a

September 7, 2013 at 2:08 am

100% Spelt bread seems to be well tolerated and in Australian brands tested low in FODMAPs—American spelt breads will undergo testing soon. Ezekiel bread have not been tested for FODMAPs as far as I know and often have a mix of sprouted grains...may contain spelt but not 100% spelt.



Winnie  
Dennis

September 18, 2013 at 9:53 am

Hi Kate,

I have recently started the LowFODMAP diet. It has been great so far, but i am still unsure of a few things. Hopefully you can help me out.

1. Is dark chocolate okay? There are many Low FODMAP dessert recipes that use cocoa and chocolate. I have been baking quite a few of these things to. However i am quite confused as the ingredients always contain 'milk solids' or 'contains milk and soy' and i know these two options are high FODMAP....

2. NUTELLA! I have been eating Nutella on occasion (I cant let go), as i did read on a FODMAP blog that it was okay to eat... but I have found it to give me a little sore tummy after eating.. and the ingredients also contain 'milk solids'... PLEASE TELL ME ITS OKAY

I hope you can help

Thanks,

Winnie



katescarlata

September 19, 2013 at 7:22 pm

Hi Winnie, We don't know yet about dark chocolate –it has not been tested to my knowledge. But cocoa is high FODMAPs–due to fructans and GOS which are fibers–so if you decide to try dark chocolate –try to choose brands with least amount of fiber. Such as: Hersheys semi sweet chocolate chips with ingredients: Semi-Sweet Chocolate (Semi-Sweet Chocolate Contains Sugar, Chocolate, Cocoa Butter, Milk Fat, Soya Lecithin (an Emulsifier), Natural and Artificial Flavorings). The soy lecithin is not a FODMAP and the milk is simply the fat in milk not the sugar, lactose. Nutella has hazelnuts and cocoa–both high FODMAP –so would avoid on elimination phase and perhaps try small amounts when you do challenges. {sorry about that}



Silvia  
Romero

September 26, 2013 at 5:40 pm

GreenValley also makes an organic lactose free kefir that is to kill for... and the most helpful probiotic I ever found!

Wish they had it in Canada....



Debbie

March 8, 2014 at 9:51 pm

Thank you for having this site to read other's thoughts.

I have been on the Low Fodmap diet for almost 5 weeks because of excessive gas. I don't think I was diagnosed with IBS and didn't have pains before the diet. Since the diet, if I eat something questionable, I do have pains or the runs. Not fun. How long does it take for this diet to work? It's very frustrating watching my family eat my beloved forbidden foods and it still not working. Help!! Thank you.



Well  
Balanced -  
Food - Life

March 9, 2014 at 12:51 pm

Debbie,

Most people experience improvement within a couple days. I would encourage you work with a dietitian and your doctor to consider other options to help manage your GI issues. The low FODMAP diet is a diet therapy for those diagnosed with IBS.

- Travel



March 23, 2014 at 9:05 pm

Thanks for all the info.

becca



March 24, 2014 at 8:01 am

Hi Kate, I have just started the low FODMAP diet for IBS-c. Is any of the Food For Life bread (Ezekial) low FODMAP?

Becca

Thanks for this wonderful site!



March 24, 2014 at 9:43 am

Becca, I believe all of the Ezekial bread has sprouted wheat—so not suitable. And thanks for your kind words about my blog 😊

Well  
Balanced -  
Food - Life  
- Travel



March 31, 2014 at 10:37 am

Becca

Ok – Can you let me know how I can incorporate more fiber into my diet. Since I struggle with the c part of the IBS-C, I am not sure what to do. Since starting this diet, I have experienced my first pain free days in 20 years! I don't want to have to rely on laxatives. Any advice? Thanks!



March 31, 2014 at 5:52 pm

I would suggest you work with a dietitian to help select the best way to incorporate fiber in your diet. In my practice, chia seeds are one of the ways my clients up there low FODMAP source of fiber.



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- Travel



Catherine b

March 25, 2014 at 2:11 am

Hi there... I've had constipation issues for appx 13+ years and about a month ago my stomach suddenly became very distended, the I have not been gaining any weight. After recent colonoscopy and endoscopy,,plus the fact that I've been eating gf for many years, the. GI dr saw nothing to explain the distention and recommended I stay gf but also incorporate the fodmap ideals as well as some supplements. I've been "going" ok, and avoiding my fav fruits and veggies 😞 but wonder how long I should see some significant change in my distention, if I am likely to at all? I've been doing it for 5 days thus far (w 1 slip up of sourdough bread, my weakness) .. Thanks for any advice!!!



Well  
Balanced -  
Food - Life  
- Travel

March 25, 2014 at 4:55 pm

Catherine—I would suggest you circle back with your doctor if you are concerned. I find individuals on the low FODMAP diet with IBS-C tend to take a bit longer on the diet to see its benefit. But certainly—there are other health issues associated w/ distention so be sure your doctor has screened you for more serious disorders.



LAURA

March 28, 2014 at 2:18 pm

Have a huge sweet tooth, would love to find a low fodmap list of candy and sweets.. i know that is hard to find.. what about chocolates?

and the corn debate what about white corn tortillas. I used La Bandaritas white corn torillas in place of bread, and still things aren't working right..

thanks,

March 29, 2014 at 8:45 am



Well  
Balanced -  
Food - Life  
- Travel

Laura...I have a sweet tooth too....but overdoing sugar is probably not a good thing, right?! Chocolate has not been officially tested by Monash U—so we don't know for sure—but my clients tend to do fine with a few semi-sweet chocolate chips (2 Tablespoons) and 1 tablespoon of cocoa powder is okay—so you might try my brownie in a mug recipe! Sweet corn —as in corn on the cob is different than the corn in polenta and tortillas which is more starchy than sweet. So...we do allow corn tortillas as long as no other FODMAP ingredients are added to the product. I would recommend you locate a dietitian to help you with your digestive health issues.



Beth

March 31, 2014 at 4:15 pm

Kate, is coconut flour allowed? I have a recipe for a mug cake, single serving, that calls for 2 T coconut flour. Is that okay or not? Thanks.



Beth

March 31, 2014 at 4:16 pm

it also calls for 1 T cocoa powder for a single serving...so not sure of that in combo with coconut flour. Thanks much



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Food - Life  
- Travel

March 31, 2014 at 5:49 pm

Beth, I have not seen data on coconut flour...sorry.



Marsha

April 2, 2014 at 5:25 pm

I saw a reference yesterday regarding a bread you love and I can't find it now. You said worth \$6.00 and really delicious, I believe. Can you let me know what it is. Any good idea for hamburger rolls?



Well  
Balanced -  
Food - Life  
- Travel

April 2, 2014 at 8:05 pm

Hmmmm...not sure which bread...I will have to think on that one. I like the Joan of Great Bakes English muffins or Foods by George English muffins as a roll option. Other rolls I have found have added fiber ingredients that I am unsure of.



Marsha

April 3, 2014 at 8:35 am

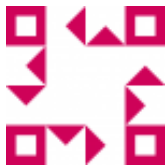
Thanks. I do use the udi's white bread and it's good. The other bread that was mentioned was a multigrain. I have bought but not used udi's hamburger rolls. They have some insulin added. So now I am concerned. Probably small amt. I was feeling pretty good for the last 4 days or so. Ate small amt of lactose free ice cream as dessert during those 4 days. Yesterday not so good. So am gunshot at the moment.



Marsha

April 3, 2014 at 8:52 am

I did mean inulin. Auto corrected.



Amy

April 3, 2014 at 8:29 pm

I have been using Food for Life brand Ezekiel 6:9 bread. It is made from sprouted grains and is delicious! It is sold in the freezer section of my grocery store.



Well  
Balanced -  
Food - Life

April 5, 2014 at 7:29 am

Amy, Many of the Ezekiel breads would NOT be allowed on the low FODMAP diet as they contain FODMAP containing grains. Here is a list of ingredients: Organic Sprouted **Wheat**, Organic Sprouted **Barley**, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Filtered Water, Fresh Yeast,

**- Travel**

Organic Wheat Gluten, Sea Salt.

Although sprouting likely lowers FODMAP content of grains—I have not seen data on that from Monash in regard to FODMAP content. Certainly if you are symptom free then perhaps they are working for you—but from a FODMAP perspective—I don't allow them at this time.



Sylvia  
Ossorio

July 30, 2014 at 10:08 am

are almond cheese, almond flour and almond milk low FODMAP foods? What about corn and quinoa pasta? I have celiac disease and lactose intolerance as well.

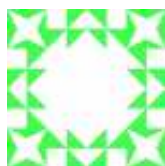
Thanks,  
Sylvia



katescarlat  
a

July 30, 2014 at 9:27 pm

Sylvia, the cut off for almonds is 10—so that would not equate to too much almond flour. If there is some in a recipe—it's probably okay—but not in large portion. Not sure almond cheese has been tested—no idea on that. Almond milk is likely high FODMAP.



Sylvia  
Ossorio

July 30, 2014 at 10:37 pm

Thank you, Kate for the prompt response. I cook lots from the gluten-free almond flour cookbook. I make a bread that requires 3/4 cup of almond butter for a loaf (about 12-14 slices) I could substitute the almond butter with peanut butter? I already substitute the agave with maple syrup and put just some low FODMAP nuts and some dried cranberries in it. I bread chicken with almond flour, but that's not a lot of flour and I use almond milk only for coffee or a little on gluten free oats. The almond cheese is of course dairy free. What other dairy, gluten -free, FODMAP friendly could I use, preferably already shredded that would melt well on a chicken or eggplant parmesan? Or do you know more or less what the equivalent of 10 almonds is for almond flour? I use Tom Sawyer flour, too, but food isn't as tasty. I guess, too I could switch to Lactaid milk. I really value your input on these, so thank you for your attention.

Sylvia





katescarlata

July 30, 2014 at 10:47 pm

Hi Sylvia-Happy to help when I can—unfortunately I am pulled in many directions these days. I would strongly encourage you to visit w/ a dietitian knowledgeable in the low FODMAP diet to help you! Are you following a dairy free diet? The low FODMAP diet is NOT gluten free and is NOT dairy free. Many people have other overlapping dietary needs—so don't want to presume anything—but if you don't need to be dairy free—I would simply use mozzarella cheese which is low enough in lactose for the low FODMAP diet. I would guess that 10 almonds would equate to 1-1 1/2 tablespoons of almond flour. Yes you could sub in some peanut butter for the almond butter which is lower in total FODMAPs. Hope that helps a bit!



Sylvia  
Ossorio

July 30, 2014 at 1:12 pm

Please Kate let me know at your convenience.  
Thank You,  
Sylvia



Sylvia  
Ossorio

July 31, 2014 at 9:59 am

Hi Kate and thank you for your help..I know you're busy! Do you know any dietitians knowledgeable in the low FODMAP diet here in Los Angeles? My care is at Cedars- Sinai Hospital and Towers. I live in Sherman Oaks in San Fernando Valley. If you do, I'd appreciate a referral.  
Thanks for all your help.  
Sylvia



Rebecca

August 7, 2014 at 10:08 am

My doctor just recommended that I try a low FODMAP diet and I am trying to find alternatives for things I eat daily. I usually start my day with a breakfast drink that includes 8 ounces of Silk Dark Chocolate Almond Milk. The ingredients are "Almondmilk (Filtered Water, Almonds), Cane Sugar, Cocoa (Dutch Process), Sea Salt, Natural Flavor, Locust Bean Gum, Sunflower Lecithin, Gellan Gum."

Is this okay or do I need to replace this in my drink? THANKS! 😊



August 8, 2014 at 10:50 am

Almond milk likely is high FODMAP. It has only been tested once—so more to come to be sure. I would recommend you avoid it during the elimination phase of the diet.

katescarlat  
a



AmyChamb  
ers

August 12, 2014 at 10:52 pm

My daughter is starting the elimination phase of the FODMAP diet. Is Eighth Continent soy milk okay? If not, can you please explain to me why tofu and soy sauce are okay? Are original Cheerios okay? If you are familiar with Daiya shredded cheese can you please comment on that (low or high FODMAP)? And also, my daughter is allergic to milk, eggs and nuts. What sweet things can you recommend during this time? Are the Enjoy Life chocolate chips okay to eat? Thanks so much for your help. I have so many questions...



August 13, 2014 at 11:20 am

Hi Amy. It appears to me that the Eighth continent soy milk would be suitable. You want to avoid the whole soybean based products and milk. Eighth continent has just the soy protein. Plain cheerios are okay. They do contain wheat starch but that is not a FODMAP.

katescarlat  
a



Dee

August 22, 2014 at 1:11 pm

I am considering using Lundberg Sweet Dreams Organic Brown Rice Syrup as an alternative in baking to reduce introduction of flavor to the foods, compared to Maple Syrup. Wiki indicates that brown rice syrup seems to be primarily maltose and maltotriose, no fructose, but not sure if the Lundberg brand has the same composition, but if so, this is probably a good alternative.

I was eating milled flax seed, not sure if that is okay on the FODMAP diet, it seems to give me some digestion issues and runny stools.



August 22, 2014 at 2:11 pm

The Brown rice syrup should be okay—but it has recently undergone testing—so I hope to have more info in the future. I agree, flaxseed seems to cause some people more gas and digestive issues compared to chia.

katescarlata

Pingback: [Fodmap Diet Healthy Food Guide | All about fat loss](#)

Pingback: [Can Eat Low Fodmap Diet | We Get Healthy](#)

Pingback: [Organic Food Brand Names | About Food and Diet](#)

⌵

# Health Freak College Girl

When in doubt, eat a sprout.

## Real Foods Corn and Rice Thins Review + 5 Thing Survery

Posted on [October 4, 2011](#)

Hey fellow health freaks! Before start today's post, I just wanted to say...*you are all amazing*. Thank you so much for your sweet, beautiful, inspiring comments on my [post yesterday](#). And I'm so happy that so many of you guys don't let the scale rule your lives anymore. Like I said...[screw the scale](#)! I figured that I would take a day off of the anti-ED stuff for today. I'll post part 1 of my story on Thursday (I can't do it tomorrow because it's WIAW...duhhh!). So for today, I have a review and survey for ya'll. Enjoy 😊

I recently [received a package](#) from [Real Foods](#), a company based off of Australia. They specialize in making [corn thins](#) and [rice thins](#), both of which are gluten free. Also, their packaging is GMO freeeee! (Which means is contains no genetically modified ingredients). The company was gracious enough to send me three flavors: Corn Thins Original, Corn Thins Tasty Cheese, and Rice Thins.





## Corn Thins Original

- Organic
- Fat Free
- 22 calories per slice
- 10% dietary fiber per serving
- Gluten Free
- Ingredients: Organic Corn (98%), Organic Expeller Pressed Sunflower Oil, Sea Salt
- My thoughts: These were delicious! They tasted just like popcorn but without all the butter. It would be great to add stuff to the top such as veggies, hummus, nut butter, avocado, etc. I loved the crunch that came with each bite. Sometimes, rice cakes can be too airy but these were compacted so they were very flavorful. Plus, 5% of your daily fiber for just *one*?!? That's great!

## Corn Thins Tasty Cheese

- All Natural Flavors
- Less than 8% fat
- 28 calories per slice
- My thoughts: Not gonna lie, I was a bit skeptical on how these would be but they blew my skepticism out of the water! The cheesy flavor was not too overpowering. They tasted just like the Original flavor but with a nice, subtle flavor of cheesiness. For not being too much of a cheese fan, I really enjoyed these!

## Rice Thins

- Fat Free
- 23 calories per slice
- 4% dietary fiber
- Gluten Free
- Ingredients: Whole Grain Brown Rice (99%), Sunflower Oil, Sea Salt, Natural Herb Extract
- My thoughts: These tasted very similar to regular rice cakes. But that's no problem for me because I love me some rice cakes! Some people might think they're a little bland, but I like bland food (I know...I'm wierd). Add a little pb and jelly to the top of one these bad boys and you would be good to go!

Overall, I loved this company. The corn thins were definitely my favorite but I will be on the lookout for all of them next time I go to the market. They are available in a few markets such as Albertson's and Raley's but I have also seen them at Whole Foods.

*Note: Real Foods sent me these samples to review. They did not pay me to say any of this. Each and every piece of opinion is solely mine.*

---

Have you guys seen this 5 thing survey going around the blog world? I thought it would be fun to fill out and share so lezzz go!

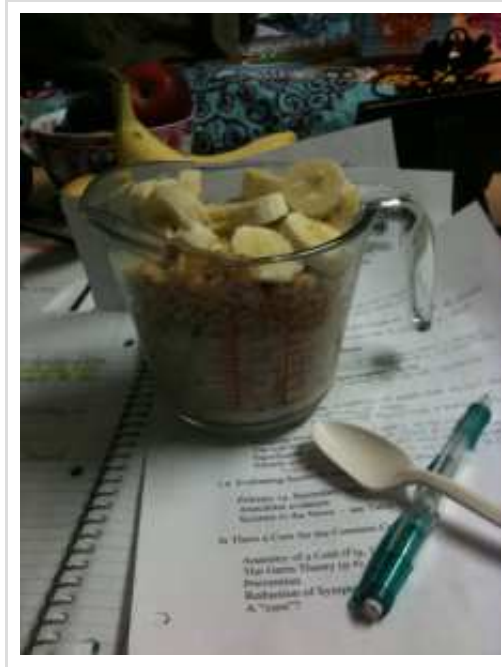
## APPENDIX 2977

*Last 5 people I talked to on the phone:*

- 1) daddy
  - 2) my best bud
  - 3) mommy
  - 4) mommy
  - 5) daddy
- (I love my mommy and daddy :))

*Last 5 meals I ate:*

- 1) Erewhon Brown Rice Cereal with Bananas



- 2) vegan tofu parmesan, green beans, salad with hummus, barley pilaf



- 3) Jamba Juice Apples 'n Greens smoothie (apple-strawberry juice, green veggie juice, peaches, mango, bananas, ice)
- 4) raw oats + peach chobani + greek yogurt + almond milk + chia seeds + ground flax seeds



5) Corn Thins 😊

*Last 5 Places I Traveled:*

1) Alaska



2) Seattle

3) Portland

4) Hawaii

5) San Francisco

*Next 5 Places I Will Go:*

1) Shower

2) Bed

3) Dining Hall

4) School 5k Run

5) Library

*Last 5 Workouts:*

1) 11.19 mile run



2) **spin** + weights

3) 5 mile run

4) 10.5 mile run

5) swim + spin workout

*5 Things That Make Me Happy Right Now:*

1) Life

2) My family (as usual)

3) The Weather (bring on the rain!)

4) Running

5) Seeing Ryan Gosling on my wall everyday 😊



**Now it's your turn! Pick 5 and tell me about yourself :)**

## APPENDIX 2980



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---

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This entry was posted in [Uncategorized](#) by [Health Freak College Girl](#). Bookmark the [permalink \[http://teenonamission.wordpress.com/2011/10/04/real-foods-corn-and-rice-thins-review-5-thing-survery/\]](http://teenonamission.wordpress.com/2011/10/04/real-foods-corn-and-rice-thins-review-5-thing-survery/).

5 THOUGHTS ON "REAL FOODS CORN AND RICE THINS REVIEW + 5 THING SURVERY"



[Sweet and Savvy](#)

on [October 4, 2011 at 7:57 pm](#) said:

Those products look awesome! 😊 I need to track them down!



[writingandrecovering](#)

on [October 4, 2011 at 10:07 pm](#) said:

Those products sound so good.

The next five places I will go are:

- 1)My room
- 2)the bathroom
- 3)the mall (maybe)
- 4)school
- 5)home again

**Tara**

on **October 5, 2011 at 2:54 am** said:

I love eating hummus on rice thins. It's so good!

5 things that make me happy right now:

Kabocha squash, warm fuzzy slippers, running through crunchy leaves, having a good hair day, and holiday themed socks!

**Meg (A Dash of Meg)**

on **October 5, 2011 at 3:01 am** said:

I WANT TO TRY THOSE CORN THINS!

Great post by the way 😊 xoxo (I also love banana with me brown rice cereal 😊 It's a must!)

**Katy @ HaveYouHurd**

on **October 5, 2011 at 2:59 pm** said:

5 Things I'm Excited for in October:

- 1) Hangout sesh with my Dad this weekend
- 2) 13 Nights of Halloween on ABC Family
- 3) University of Mary Washington Homecoming!
- 4) HALLOWEEN
- 5) 1 Year Wedding Anniversary with the Hubs

WOO

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Powered by [WordPress.com](#)

# Best Crackers

Discover the best Crackers Products in our website.

## Corn Cracker

bruce / January 7, 2014 / Comments Off

When deciding which corn cracker to buy, you have to take many things into consideration including the tastes, the flavors and also the price. What a headache thing it is.

But no more worry needed any longer. In order to help you, we have tried many efforts to collect the best reviewed corn cracker for you.

All you need to do is to read this page carefully and choose some for yourself.

### Best Corn Cracker to buy



#### Real Foods Organic Corn Thins, Original Flavor, 5.3-Ounce Bag (Pack of 12)

Real Foods

USDA Organic. Fat Free. The great taste of golden, sun-ripened corn in every crispy-thin slice.

#### Product Research

*"Scrumptious with butter, the best cracker for tuna salad, and wonderful with peanut butter."* – Amie

*"They are low in calories and it is popcorn which is very healthy for you."* – Donna F Hamil

*"Corn thins are a useful part of a gluten free diet."* – Alan R. Beals

[Buy Now](#)


#### Real Foods Original Corn Thins (6X5.3 Oz)

Real Foods

Corn Thins Original

[Buy Now](#)


#### Orgran Gluten Free Toasted Corn Crispbread, 4.4-Ounce Boxes (Pack of 6)

Orgran

Orgran toasted corn crispbread is light, crunchy and full of the wholesome natural goodness of sun ripened corn. It is easier to digest and an ideal alternative to bread with less than 0.

#### Buyers Guide

*"They are very crispy and have a very mild taste."* – Bett E Crocker

*"Didn't taste at all like a gluten free product."* – Karen Wahls

*"She eats them with peanut butter, with ham and cheese, cream cheese, and even by themselves."* – Tina S

[Buy Now](#)





Egg & Dairy-Free!

Dempsey Bakery

Dempsey Bakery products are 100% gluten, wheat, rye, barley, soy and nut-free, made with meticulous care. Dempsey Bakery's quality control processes preserve the integrity of the ingredients.

Buy Now



Suzie's Thin Cakes Corn Lightly Salted Gluten Free — 4.6 oz

Suzie's

Made with natural whole grains, new Suzie's Thin Cakes have the great tasted ad crunch that everyone loves.

Buy Now



Real Foods Organic Sesame Corn Thins, 5.3 Ounce — 6 per case.

Real Foods

Corn Thins organic Sesame

Buy Now



Real Foods Organic Corn Thins, Sesame Flavor, Gluten Free Wheat Free, 5.3-Ounce Bag (Pack of 12)

Real Foods

Fat free. The great taste of organic corn and sesame in every crispy-thin slice. Contains no genetically modified ingredients.

Consumer Guide

*"It's a great whole grain low fat food that tastes delicious all by itself."* – K

*"Cream cheese, nutella, peanut butter go well with these."* – iblum

*"Just the right balance of texture and delicious sesame and corn."* – mary margaret

Buy Now



Suzie's Thin Cakes, Corn Quinoa And Sesame, 4.25 Ounce (Pack of 12)

Suzie's

Made with natural whole grains, new Suzie's Thin Cakes have the great tasted ad crunch that everyone loves. Square-shaped and much thinner than traditional puffed cakes, Suzie's Thin Cakes are great with cheese, spinach or as a delicious anytime healthy snack.

Buy Now



Real Foods Organic Corn Thins, Flax & Soy, Gluten Free, 5.3-Ounce Bag (Pack of 12)

Real Foods

Fat free. The great taste of corn, flaxseed and soy in every crispy-thin slice. Contains no genetically modified ingredients.

Buyers Guide

*"Soooo good, and not crumbly like a lot of the more wholesome brands of rice cakes."* – M. Blackmore

*"No gluten, low-carb, few calories, very little fat, and tasty!"* – Maryann Watkins

*"Thank you for sending them to us, Australia! 🍪"* – Grace

Buy Now



### Suzie's Thin Cakes, Whole Grain Lightly Salted Corn, 4.6 Ounce (Pack of 12)

Suzie's

Made with natural whole grains, new Suzie's Thin Cakes have the great tasted ad crunch that everyone loves. Square-shaped and much thinner than traditional puffed cakes, Suzie's Thin Cakes are great with cheese, spinach or as a delicious anytime healthy snack.

[Buy Now](#)

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Tags: corn cracker / Posted in: Crackers

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No image available

Real Foods Organic Corn Thins, Flax Flavor, Gluten/Wheat Free, 5.3 Oz Bag (Pack Of 12)

★★★★☆

1 ratings (1 Epinions review)

f

g+1

t

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**Real Foods Organic Corn Thins - Flax & Soy Gluten Free Sandwich option**

★★★★☆ Dec 22, 2007 (Updated Dec 22, 2007)

Review by [MaryTara Wurmser](#) 

Rated a Very Helpful Review

**Pros:** Great for sandwiches or toppings, they are thin, crunchy and tasty **Cons:** Cost, difficult to find

**The Bottom Line:** I wish these were easier to find!

Since gluten free bread is pretty much dreadful we sought out some "options" to try to make my son his peanut butter and jelly sandwiches that he enjoys. First we used rice cakes but when you use 2 cakes (one for top and one for bottom) it makes for quite a mouthful. When we were home over Thanksgiving my mother had picked up these **Corn Thins** from **Real Foods** and I'm hooked.

**About Real Foods Organic Corn Thins Flax/Soy flavor**

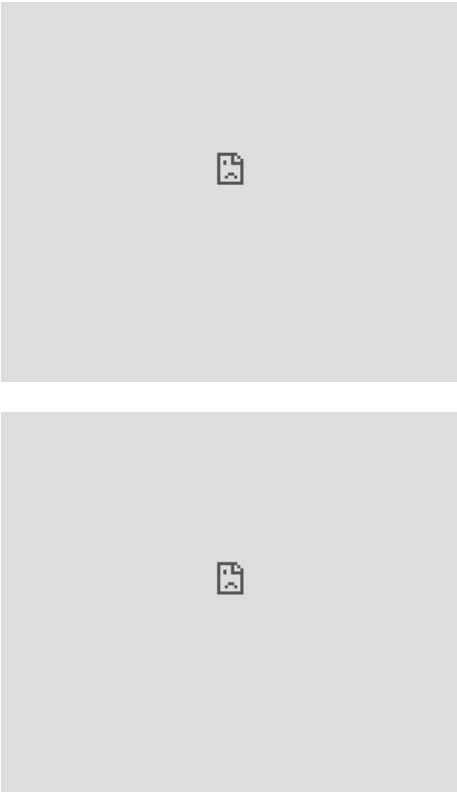
I have only been able to find these corn thins at natural and health food stores. They cost approximately \$3.99 per bag. They are packaged in a plastic bag like rice-cakes are with 2 bags of corn thin inside sealed for freshness. If you are wondering what a corn thin is, think rice cake but thinner. These corn thins are made with popped corn and added flax and soy to them. Corn thins has a few different varieties including flavored, multigrain and more. All of their varieties are Gluten Free and contain natural ingredients.

Specifically the Soy/Flax (Soy/linseed) version:

*Gluten Free*  
*GMO free*  
*All natural ingredients*  
*No preservatives*  
*No artificial coloring*

*Ingredients:*  
*MAIZE (93%)*  
*LINSEED (4%)*  
*SOY (2%)*  
*SEA SALT*

*Contains 11% of dietary fiber*



Corn Thins are thin, crunchy, and pretty tasty as far as "rice cakes" go. To me these taste like crackers made from unsalted popcorn. They aren't anything I would want to eat without a topping but in a pinch they can serve as a crunchy snack. Mostly, we use these for sandwiches. Because they are thin, they substitute well for sandwich bread. Whereas if I make my son a sandwich on regular rice cakes the kid can barely get his mouth around it - these work much better. The corn thins are sturdy and don't break when I'm spreading peanut butter (from my fridge) on them - which I appreciate. The only real negative is that because they are slightly smaller than sandwich bread, I often have to make my son two sandwiches instead of one. At \$4 a bag, we could go through these frequently with the rate that he likes to eat sandwiches so I only buy these occasionally. When we have corn thins in the house, they do not last long at all. If you are looking for a gluten free bread substitute, try your sandwich on Corn Thins!



[www.cornthins.com](http://www.cornthins.com)

Recommend this product? Yes

[Read all comments \(1\)](#)

Share this product review with your friends



## Related Deals You Might Like...

**Real Foods Organic Corn Thins Original 5.3 oz**

Real Foods Original Corn thins are the best tasting wholegrain popped corn cakes you can buy. Made with a great recipe for maximum crunch and flavor, ...

**\$2.63**

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**\$9.30**

FREE Shipping

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Real Foods Sesame Corn Thins are the best tasting wholegrain popped corn cakes you can buy. Made with a great recipe for maximum crunch and flavor, th...

**\$2.24**

+\$4.99 shipping

[See Details](#)**Real Foods Corn Thins Sesame Popped Corn Cakes, 5.3 oz, (Pack of 6)**

Real Foods Corn Thins Sesame Popped Corn Cakes are the best-tasting whole-grain popped corn cakes you can buy. Made with a great recipe for maximum cr...

**\$16.88**

+\$4.97 shipping

[See Details](#)**Real Foods Organic Corn Thins, Sesame Flavor, Gluten Free Wheat Free, 5.3-Ounce Bag (Pack of 12)**

Fat free. The great taste of organic corn and sesame in every crispy-thin slice. Contains no genetically modified ingredients. GMO free. Certified org...

**\$82.54**

FREE Shipping

[See Details](#)

## APPENDIX 2989



**Real Foods Organic Flax Soy Corn Thins 5.3 Ounce 6 Per Case.**  
Buy With 100% Confidence Fast Shipping !! Brand New!! Check Other Great Sales  
| Read our Feedbacks | Add us to Favorite Sellers Item Description: Corn...



**\$101.92**  
+\$4.95 shipping

[See Details](#)



**Real Foods Organic Corn Thins, Multigrain Flavor, Gluten Free, 5.3-Ounce Bag (Pack of 12)**  
Fat free. The great taste of organic corn and sesame in every crispy-thin slice.  
Contains no genetically modified ingredients. GMO free. Gluten free. ...



**\$79.03**  
[See Details](#)



**Real Foods Corn Thins Multi-Grain Popped Corn Cakes, 5.3 oz, (Pack of 6)**  
Real Foods Corn Thins Multi-Grain Popped Corn Cakes are the best-tasting whole-grain popped corn cakes you can buy. Real Foods selected five grains th...



**\$16.88**  
+\$4.97 shipping  
[See Details](#)

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---

**From:** Charlotte Marbus  
**Sent:** Monday, August 02, 2004 11:17 PM CDT  
**To:** 'Gfnfoods@aol.com'  
**CC:** Anitha Velkur; Laurence Fazzari; Michael Pels  
**Subject:** USA - East - Distributors - RE: corn thins  
**Attachments:** Sample request Guidelines.doc

Dear Anita,

Thank you for your e-mail.

In answer to your enquiry, I am happy to be able to let you know that our 4 varieties of Gluten Free Corn Thins are available from United Natural Foods, Inc and Tree of Life Northeast.

United Natural Foods, Inc. Phone: (860) 779-2800  
Tree of Life Northeast Phone: (201) 662-7200

Please let us know when you start stocking our product by faxing or e-mailing us the attached form, and we will send you some sample packs to help boost sales. I will also ensure that your store details are added to our website ([www.cornthins.com](http://www.cornthins.com)).

I trust this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Kind regards,

Charlotte

=====

Charlotte Marbus  
Customer Service  
Real Foods Pty Ltd  
Main: +61 (0)2 8595 6600  
Direct: +61 (0)2 8595 6665  
Fax: +61 (0)2 8595 6601  
E-mail: [cmarbus@realfoods.com.au](mailto:cmarbus@realfoods.com.au)

-----Original Message-----

From: [Gfnfoods@aol.com](mailto:Gfnfoods@aol.com) [<mailto:Gfnfoods@aol.com>]  
Sent: Tuesday, 3 August 2004 7:51 AM  
To: Charlotte Marbus  
Subject: corn thins

We are a gluten-free company that is interested in carrying some other products to compliment our product line.

We tried your corn thins product when it was available at Acme markets and liked it. Do you have a distributor in our area?

Anita Jansen  
GFN Foods  
105 Nassau Drive  
Lawrenceville, NJ 08648  
Tel: 609-252-5049

---

**From:** Charlotte Marbus  
**Sent:** Wednesday, September 08, 2004 11:43 PM CDT  
**To:** 'kahanssuper@aol.com'  
**CC:** Anitha Velkur; Laurence Fazzari; Michael Pels  
**Subject:** USA - East - NY - - Distributors of Corn Thins  
**Attachments:** Sample request Guidelines.doc

Dear Menachem,

Thank you for your e-mail.

I am happy to be able to let you know that our 4 varieties of Gluten Free Corn Thins are available from United Natural Foods Inc, Tree of Life Northeast and First Quality Health Inc.

United Natural Foods, Inc. Phone: (860) 779-2800  
Tree of Life Northeast Phone: (201) 662-7200  
First Quality Health Inc Phone: (718) 437-4900

Please let us know when you start stocking our product by faxing or e-mailing us the attached form, and we will send you some sample packs to help boost sales. I will also ensure that your store details are added to our website  
([http://www.cornthins.com/content/lang\\_en/tabID\\_3725/usa.aspx](http://www.cornthins.com/content/lang_en/tabID_3725/usa.aspx)).

I trust this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Kind regards,

Charlotte

=====  
*Charlotte Marbus*  
*Customer Service*  
*Real Foods Pty Ltd*  
*Direct: +61 2 8595 6665*  
*Fax: +61 2 8595 6601*  
*Email: [cmarbus@realfoods.com.au](mailto:cmarbus@realfoods.com.au)*  
*[www.cornthins.com](http://www.cornthins.com)*

-----Original Message-----

**From:** [website@realfoods.com.au](mailto:website@realfoods.com.au) [mailto:[website@realfoods.com.au](mailto:website@realfoods.com.au)]  
**Sent:** Tuesday, 7 September 2004 11:18 AM  
**To:** REALFOODS  
**Subject:** Asking a question

Form submitted on 6/09/2004 9:18:28 PM  
title : Mr  
firstname : Menachem  
lastname : Kahan  
email : [kahanssuper@aol.com](mailto:kahanssuper@aol.com)



tel : 718-756-2999

address : 317 kingston ave.

suburb : brooklyn

country : US

state : new york

postcode : 11213

question : I have a grocery in crown hights brooklyn NY. and i would like to sell corn thins, but i dont know you to get them, so if you can plaese direct me to a whole sale's person i woud be greatfull.

---

**From:** Charlotte Marbus  
**Sent:** Wednesday, July 04, 2007 1:34 AM CDT  
**To:** 'kim@mardigrasfoods.com'  
**CC:** Mark Scherini; Madeleine Anderson  
**Subject:** USA - East - Distributor  
**Attachments:** Sample request Guidelines.doc, \_ New Items overview.doc

Dear Kim,

Thank you for your e-mail.

In response to your enquiry, our distributors in your area are:

First Quality Health Inc Phone: (718) 437-4900  
United Natural Foods, Inc. Phone: (860) 779-2800

We have sample product available for the purpose of consumer trial that we offer stores that are stocking our product. I have attached a sample/demo request form. Stocks permitting, we are always happy to send sample/demo packs to hand out to customers. Please feel free to contact myself or Madeleine if you wish to receive sample product for this purpose.

Attached you will also find some information on our two newest varieties for your reference.

I trust this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Kind regards,

Charlotte

=====

Charlotte Marbus  
Market Co-Ordinator

Real Foods Pty Ltd  
Main: +61 (0)2 8595 6600  
Direct: +61 (0)2 8595 6665  
Fax: +61 (0)2 8595 6601  
E-mail: cmarbus@realfoods.com.au  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: kim@mardigrasfoods.com [<mailto:kim@mardigrasfoods.com>]  
Sent: Saturday, 30 June 2007 11:58 PM  
To: REALFOODS  
Subject: Contact Us Form

Title: Miss  
First Name Kim  
Last Name Newman

Email Address: kim@mardigrasfoods.com

Telephone Number: 973 857 3777

Street Address:

Suburb:

City: Verona

State: NJ

Country: USA

PostCode: 07044

Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: I am a gourmet shop and interested in carrying your corn thins. Is there a distributor here or can I order them directly???

Thanks,

Kim

I would like a reply: Yes

-----

---

**From:** Charlotte Marbus  
**Sent:** Thursday, August 09, 2007 6:35 PM CDT  
**To:** 'spiritwalk@comcast.net'  
**CC:** Mark Scherini  
**Subject:** USA - Oregon - Wholesaler  
**Attachments:** Sample request Guidelines (Stores).doc, \_ New Items overview.doc

Dear Mr Caine,

Thank you for your e-mail.

In response to your enquiry, our Corn Thins varieties are available through:

Nature's Best - Phone: (714) 441-2378  
Mountain People's Warehouse (MPW) - Phone: (253) 333-5214

I have attached a sample/demo request form. Stocks permitting, we are always happy to send sample/demo packs to hand out to customers. Please feel free to contact us if you wish to receive sample/demo packs to hand out for consumer trial in store. I have also included some information on our two new varieties.

I trust that the above information will be of help to you, however, please let me know if you have any further queries or concerns.

Kind regards,

Charlotte

=====  
Charlotte Marbus  
Market Co-Ordinator

*Real Foods Pty Ltd*  
Main: +61 (0)2 8595 6600  
Direct: +61 (0)2 8595 6665  
Fax: +61 (0)2 8595 6601  
E-mail: [cmarbus@realfoods.com.au](mailto:cmarbus@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

**From:** website@realfoods.com.au [mailto:website@realfoods.com.au]  
**Sent:** Thursday, 9 August 2007 3:54 PM  
**To:** REALFOODS  
**Subject:** Asking a question

Form submitted on 9/08/2007 3:54:05 PM

Title  
First Name Harvey  
Last Name Caine

Name  
Email spiritwalk@comcast.net  
Tel No 509-270-1234  
Street  
Address  
Suburb  
Country US  
State Washington  
Post  
Code

We order corn thins from Azure foods ( A large wholesaler in Dufur,  
Oregon, USA. Azure foods has told us that you are discontinueing corn  
Your thins in the USA.And that they can no longer order them from you. Is this  
Questiontrue? If it is not true, please include in your email a direct contact person  
at real foods that Azure can contact because they won't believe me.  
Thanking you in advance, H. Caine



---

**From:** Charlotte Marbus  
**Sent:** Monday, October 29, 2007 12:29 AM CDT  
**To:** 'Biscottina20@aol.com'  
**CC:** Mark Scherini; Madeleine Anderson  
**Subject:** Distributor in New York  
**Attachments:** Sample request Guidelines (Stores).doc, \_ New Items overview.doc

Dear Nina,

Thank you for your e-mail.

In response to your enquiry, our distributors in your area are:

First Quality Health Inc Phone: (718) 437-4900  
United Natural Foods, Inc. Phone: (860) 779-2800

We have sample product available for the purpose of consumer trial that we offer stores that are stocking our product. I have attached a sample/demo request form. Stocks permitting, we are always happy to send sample/demo packs to hand out to customers. Please feel free to contact myself or Madeleine Anderson if you wish to receive sample product for this purpose.

Attached you will also find some information on our two newest varieties for your reference.

I trust this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Kind regards,

Charlotte

=====

Charlotte Marbus  
Market Co-Ordinator

Real Foods Pty Ltd  
Main: +61 (0)2 8595 6600  
Direct: +61 (0)2 8595 6665  
Fax: +61 (0)2 8595 6601  
E-mail: [cmarbus@realfoods.com.au](mailto:cmarbus@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: Biscottina20@aol.com [<mailto:Biscottina20@aol.com>]  
Sent: Friday, 19 October 2007 11:27 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mrs  
First Name Nina  
Last Name Ilarda

Email Address: Biscottina20@aol.com

Telephone Number: 7186412568

Street Address: 95-22 156th ave

Suburb: Howard Beach

City: N.Y.

State: New York

Country: USA

PostCode: 11414

Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: I'm interested in purchasing the corn thins for my store . Do You Have a distributor in New York or some other state in the USA?

I would like a reply: Yes

-----

---

**From:** Madeleine Anderson  
**Sent:** Tuesday, September 23, 2008 5:14 PM CDT  
**To:** 'supremenj@gmail.com'  
**Subject:** RE: Sesame image  
**Attachments:** USA Sesame 07 (low res).jpg

Dear Mr Brecher,

Thank you for taking the time to contact Real Foods concerning the fault in the website. We are actually working on this & hope to have it rectified shortly. In the mean time I have attached an image of the Sesame Corn Thins.

Feel free to contact me if you need anything else.

Kind regards,

Madeleine.

Madeleine Anderson  
Senior Brand Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: supremenj@gmail.com [<mailto:supremenj@gmail.com>]  
Sent: Wednesday, 24 September 2008 2:50 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mr  
First Name Isreal  
Last Name Brecher  
Email Address: supremenj@gmail.com  
Telephone Number: 732-367-1055  
Street Address:  
Suburb:  
City:  
State:  
Country: USA  
PostCode:  
Feedback: No  
Product Name:  
Store Location:  
Store Name:

Best Before:

Comments: Please send me an image of the sesame corn thins, as on the site the rye thins comes up wehn you click on sesame.

Send it in a Jpg or pdf

Thanks

I would like a reply: Yes

-----

---

**From:** Anitha Velkur  
**Sent:** Tuesday, October 19, 2010 10:39 PM CDT  
**To:** 'dougherty\_erin@wholefoods.com'  
**CC:** Patrick Rankin (ASM N-CA) \* (E-mail); Bethjoy Borris (ASM) \* (E-mail); 'linda.stockdale@asmnet.com'; 'teri.frechette@asmnet.com'  
**Subject:** Availability of Rice Thins in Whole Foods - Petaluma, CA :: USA West  
**Attachments:** Sample request Guidelines (Stores).doc

Dear Erin,

In response to your enquiry, please note that our Rice Thins are not "organic" and at this stage we have no immediate plans to launch the an organic Rice Thins variety.

In term of the availability, you may probably already be aware that UNFI West (MPW) stocks our Rice Thins. We are not having no supply issues and as far as I know neither is UNFI West (MPW).

However your feed back is very important to us and I will ask one of our brokers reps that covers your region to contact you and they can follow up with the distributor if they do seem to be having supply issues.

Just in case you don't already have this information, here is the UNFI West (MPW) item # for our Rice Thins: 69008

As your store is stocking our Corn Thins varieties, please feel free to contact us when ever you are running any store events for which you may require demo packs. We are always happy to send Original Corn Thins sample/demo packs for any stores, community and passive demo events, to help encourage consumer trial - if stocks permit. I have attached a sample/demo request information sheet for your reference. But just send an email that outlines your requirements (event date, quantities, address, etc), rather than going through the trouble of filling out the form.

I trust this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Regards  
Anitha

Anitha Velkur  
Customer Service  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601  
E-mail: [avelkur@realfoods.com.au](mailto:avelkur@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----  
From: Madeleine Anderson



Sent: Wednesday, 20 October 2010 9:54 AM  
To: Anitha Velkur; Charlotte Marbus  
Subject: FW: Contact Us Form

-----Original Message-----

From: dougherty\_erin@wholefoods.com  
[[mailto:dougherty\\_erin@wholefoods.com](mailto:dougherty_erin@wholefoods.com)]  
Sent: Wednesday, 20 October 2010 9:33 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Ms  
First Name Erin  
Last Name Dougherty  
Email Address: dougherty\_erin@wholefoods.com  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State:  
Country: USA  
PostCode:  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:

Comments: I am from Whole Foods Market here in Petaluma, CA and I am trying to look into organic rice thins for a customer. Do you have these available? If not why? Will you ever have them available?

I appreciate your time.  
I would like a reply: Yes

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**From:** Madeleine Anderson  
**Sent:** Sunday, May 08, 2011 4:52 PM CDT  
**To:** 'Barnaby Montgomery'  
**CC:** Charlotte Marbus  
**Subject:** RE: Corn Thins images  
**Attachments:** USA Corn Thins sesame.jpg, USA Original.jpg, USA Multigrain 07.jpg, Cornthins BBQ 2.jpg

Hi Barnaby,

Attached are the requested images.

Please let me know if you need anything else.

kind regards,

Madeleine.

-----Original Message-----

**From:** Barnaby Montgomery [mailto:barnaby@yummy.com]

**Sent:** Friday, 6 May 2011 8:54 AM

**To:** Madeleine Anderson

**Subject:** RE: Corn Thins images

Thanks for getting back to me. Please send me HI RES images for your top 3 flavors and BBQ.

Thanks again.

Barnaby

-----Original Message-----

**From:** Madeleine Anderson [mailto:manderson@realfoods.com.au]

**Sent:** Thursday, May 05, 2011 5:32 PM

**To:** barnaby@yummy.com

**Cc:** Charlotte Marbus

**Subject:** RE: Corn Thins images

Dear Barnaby,

I am currently out of the office till Monday, so I will send you the images on Monday morning.

Let me know if you need anything else.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd

---

**From:** barnaby@yummy.com [mailto:barnaby@yummy.com]  
**Sent:** Fri 5/6/2011 6:25 AM  
**To:** REALFOODS  
**Subject:** Contact Us Form

Title: Mr  
First Name barnaby  
Last Name montgomery  
Email Address: barnaby@yummy.com  
Telephone Number: 323.463.2748  
Street Address:  
Suburb:  
City:  
State:  
Country: usa  
PostCode: 90038  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:  
Comments: We operate 3 grocery stores in Los Angeles and would like to carry your corn  
thins. We need to obtain Hi Res digital photos of the products so we can advertise them.  
Please email me a contact. THanks, barnaby  
I would like a reply: Yes  
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**From:** Madeleine Anderson  
**Sent:** Wednesday, July 27, 2011 5:18 PM CDT  
**To:** 'michael@baumhauscreative.com'  
**CC:** Charlotte Marbus  
**Subject:** RE: BBQ & Tasty Cheese Corn Thins images  
**Attachments:** US Tasty Cheese.jpg, Cornthins BBQ 2.jpg

Dear Michael,

I have attached the high res images for Tasty Cheese & BBQ Corn Thins. Please let me know if you have any issues with these, or need anything else.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: michael@baumhauscreative.com [<mailto:michael@baumhauscreative.com>]  
Sent: Thursday, 28 July 2011 1:42 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mr  
First Name Michael  
Last Name Baumgaertner  
Email Address: michael@baumhauscreative.com  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State:  
Country: USA  
PostCode:  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:  
Comments: I am working with KeHE Distributors and Tree of Life in the production of several

publications. Some of your items are being featured in an upcoming edition. I am in need of high resolution images of your BBQ or Cheese flavored corn thins.

Thank you in advance for your help in helping me promote your products.

Michael

I would like a reply: Yes

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**From:** Madeleine Anderson  
**Sent:** Monday, August 08, 2011 12:30 AM CDT  
**To:** 'Hally P'  
**CC:** Charlotte Marbus  
**Subject:** RE: Contact Us Form - Online wholesaler  
**Attachments:** Cornthins BBQ 2.jpg, Cornthins Tasty Cheese 1.jpg, USA Flax and Soy (low res).jpg, USA Multigrain (low res).jpg, USA Original 07 (low res).jpg, USA Rice Thins 07 (low res).jpg, USA Sesame 07 (low res) V2.JPG, ARFO3706 US Flavored Corn Thins\_Tasty Cheese2.pdf, ARFO3706 US Flavored Corn Thins\_BBQ\_FA3.pdf, S012408\_SESAME\_THINS\_V3\_LR.pdf, S012409\_FLAX\_SOY\_V3\_LR.pdf, S012448\_CORN\_THINS\_ORIGINAL USA\_v2\_LR.pdf

Dear Hally,

Please find attached jpgs of product shots, and pdfs of the pack layout, which show the full nutritional panel.

I will send images over 2 e-mail, due to the large size of the pack layout files.

Let me know if you need anything else.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
*Uncompromised Natural Enjoyment*

-----Original Message-----

**From:** Hally P [mailto:hp@zero-brands.com]  
**Sent:** Friday, 5 August 2011 3:08 AM  
**To:** Madeleine Anderson  
**Subject:** Re: Contact Us Form - Online wholesaler

Hello Madeleine,

Thank you for your prompt response. We are interested in all flavors of corn thins. If you could send me files with graphics of the different flavored corn thins, the

nutrition information labels, and product descriptions we'd greatly appreciate it. The format could be either JPEG, GIF, or a PDF. Thank you so much.

Please let me know if you need more information.

On Wed, Aug 3, 2011 at 5:23 PM, Madeleine Anderson

<[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

Dear Hally,

I am the best person for you to contact concerning information to upload onto your website. Just let me know what you need (products & format) and I will organize for you.

I have cc'ed Charlotte Marbus on this e-mail who looks after USA Sales Nationally. She will be your best contact concerning US distributor details. Charlotte will contact you some time today to help with your query.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: [+61 2 8595 6663](tel:+61285956663), Fax: [+61 2 8595 6601](tel:+61285956601)  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: [hp@zero-brands.com](mailto:hp@zero-brands.com) [mailto:[hp@zero-brands.com](mailto:hp@zero-brands.com)]

Sent: Thursday, 4 August 2011 2:47 AM

To: REALFOODS

Subject: Contact Us Form

Title: Mrs

First Name Hally

Last Name Patel

Email Address: [hp@zero-brands.com](mailto:hp@zero-brands.com)

Telephone Number:

Street Address:

Suburb:

City:

State:

Country: USA

PostCode:

Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: We are online wholesalers and would like to add your product to our website. Can you please have someone contact me with information on graphics, nutrition information, and product information that we can upload onto our website? Also please let us know the best way to obtain your product- we are based in the US and would need the contact information of your US distributor. I would like a reply: Yes

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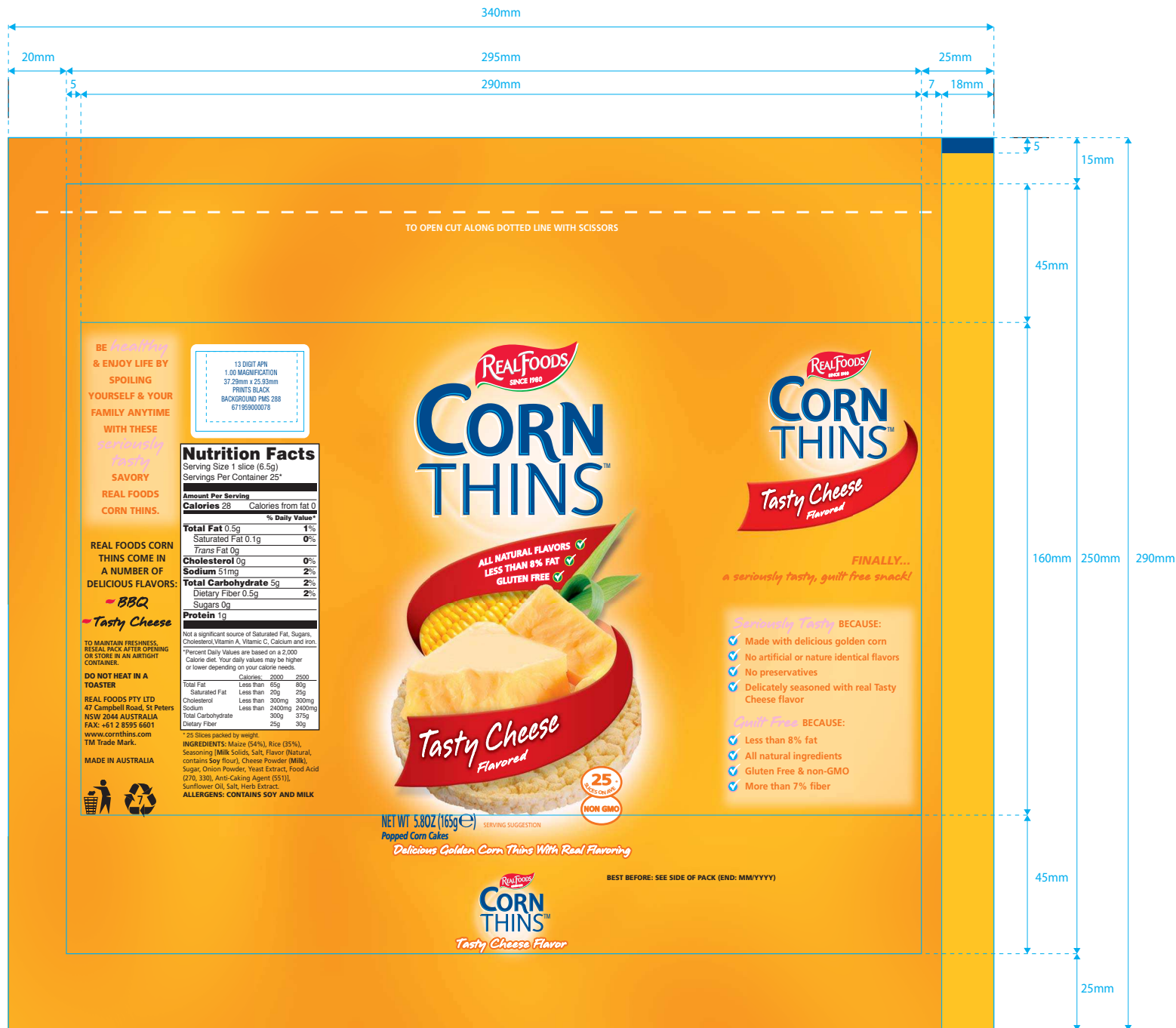
--

Hally P

Zero Brands Inc

847-220-4369

[hp@zero-brands.com](mailto:hp@zero-brands.com)



**ARTWORK VERSION 2**

Client: **REAL FOODS** Job No: **19/05/10** Date Created: **19/05/10** Date Approved: **19/05/10**

Product: **Real Foods Corn Thins** Brand: **Real Foods** Project: **Real Foods Corn Thins** Designer: **Real Foods**

Color: **Real Foods** Ink: **Real Foods** Paper: **Real Foods** Size: **Real Foods**

Production Approval: **Real Foods** Design Approval: **Real Foods** Account Approval: **Real Foods**

Special Instructions: **Real Foods**

Comments: **Real Foods**

Notes: **Real Foods**

Real Foods Brand Design  
Level 3, 3-14 Mount Street,  
Melbourne VIC 3000  
Phone: +61 3 9593 2889  
www.realfoods.com.au

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**From:** Anitha Velkur  
**Sent:** Wednesday, August 10, 2011 11:51 PM CDT  
**To:** 'sarivl@sbcglobal.net'  
**CC:** Madeleine Anderson; Charlotte Marbus; Lynne Franolic;  
Mike Wheeler (IFA) (E-mail)  
**Subject:** Corn Thins not available in metro Detroit, MI\_ USA East  
**Attachments:** USA.xls

Dear Sandy

Thank you for your email.

In response to your enquiry, please find attached list of stores in Michigan that should be stocking some of our Corn and Rice Thins varieties. However, please note that the availability of Corn and Rice Thins is not only limited to the stores listed, as our product could be available in many more natural foods stores, we have just not been informed about these stores as yet.

Alternatively you could approach the grocery manager of a convenient local natural foods store and request that he or she order the product in for you. They are usually very helpful and responsive once they are aware of the availability of Corn & Rice Thins through United Natural Foods East (UNFI East), or KEHE Distributors or Tree of Life who supply these items to most natural foods stores in your area.

I am sure you might have already done this, but just in case I thought it would not hurt to mention that if you have trouble finding our Corn Thins in store, please speak to the grocery manager, because sometimes the stores may not realise the popularity of our product and therefore not order in enough stock to cover demand. By consumers asking for a product the grocery manager will realise the need for larger orders of the product.

If none of the stores listed are close enough to where you live, then I can let you know that Corn Thins are also available online from: <http://www.wholeandnatural.com/> and <http://www.amazon.com/Real-Foods-Original-Wheat-Free-5-3-Ounce/dp/B000LKXJW0>.

For now I hope this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Regards  
Anitha

Anitha Velkur  
Customer Service  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601  
E-mail: [avelkur@realfoods.com.au](mailto:avelkur@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----  
From: Madeleine Anderson



Sent: Thursday, 11 August 2011 8:10 AM  
To: Anitha Velkur; Charlotte Marbus  
Subject: FW: Contact Us Form

-----Original Message-----

From: sarivl@sbcglobal.net [mailto:sarivl@sbcglobal.net]  
Sent: Thursday, 11 August 2011 3:31 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mrs  
First Name Sandy  
Last Name Segal  
Email Address: sarivl@sbcglobal.net  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State:  
Country: USA  
PostCode:  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:  
Comments: Or stores are out of your corn thins. Where can I buy them in the Metro Detroit area?  
I would like a reply: Yes  
-----

---

**From:** Foods For Living  
**Sent:** Thursday, July 12, 2012 3:26 PM CDT  
**To:** Madeleine Anderson  
**Subject:** RE: Corn Thins samples for Foods For Living

Hi! Thank you so much for your response!! We have had samples of your corn thins before and our customers loved them! It is hard to say exactly how many we could use, but I assure you whatever quantity you are able to provide to us would be appreciated. During our tent sale which is taking place in September we are easily expecting 2000 + customers. As I said though whatever quantity you can send will be easily passed along to our customers!!!

Thanks you!

Melody Gall  
Foods For Living  
2655 E Grand River  
East Lansing MI 48823  
(517)324-9010 Voice  
(517)324-9013 Fax

--- On **Wed, 7/11/12, Madeleine Anderson** <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

From: Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)>  
Subject: RE: Corn Thins samples for Foods For Living  
To: [foodsforlivingmi@sbcglobal.net](mailto:foodsforlivingmi@sbcglobal.net)  
Date: Wednesday, July 11, 2012, 7:27 PM

Dear Melody,

I do not think I received a reply to this, but do you know how many samples of Corn Thins you think you will need for thi birthday celebrations.

many thanks,

Madeleine.

-----Original Message-----

From: Madeleine Anderson  
Sent: Wednesday, 4 July 2012 7:52 AM  
To: '[foodsforlivingmi@sbcglobal.net](mailto:foodsforlivingmi@sbcglobal.net)'  
Subject: RE: Corn Thins samples for Foods For Living

Dear Melody,

Thank you for letting us know about this opportunity.

Real Foods would be happy to supply you with Corn Thins samples, just let me know how many you need & I will confirm whether we have enough sample stock.

Congratulations on turning 15!!!.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
www.cornthins.com  
Uncompromised Natural Enjoyment

-----Original Message-----

From: [foodsforlivingmi@sbcglobal.net](mailto:foodsforlivingmi@sbcglobal.net)  
[mailto:[foodsforlivingmi@sbcglobal.net](mailto:foodsforlivingmi@sbcglobal.net)]  
Sent: Wednesday, 4 July 2012 5:32 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Ms  
First Name melody  
Last Name gall  
Email Address: [foodsforlivingmi@sbcglobal.net](mailto:foodsforlivingmi@sbcglobal.net)  
Telephone Number: 517 324 9010  
Street Address: 2655 east grand river  
Suburb:  
City: east lansing  
State: michigan  
Country: usa  
PostCode: 48823  
Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: Hello! My name is Melody Gall and I am writing to you from Foods For Living, a natural and organic health food store located in East Lansing Michigan. We are going to be celebrating our 15 year anniversary in September and we are planning many fun things for our customers as well as our tent sale to take place.

I am writing to ask if your company might be able to donate any sample products, coupons, or even demo kits that our store can pass along to our customers! We would love to be able to share your products with our customers thus representing some of the available items in our store! Since we are planning the celebration to go throughout the month of September I would like to ask that if you are able to donate that we could receive the product in the first or second week of August so we can be prepared.

Any donation you are able to provide would be appreciated not only by our store but also our customers who love to receive new items to sample. If you have any questions or would like to talk to me further please do not hesitate to contact me either through email or our store phone. Please address any responses to email with attention Melody. Thank you so much for your time and consideration!

Sincerely,  
Melody Gall

Foods For Living  
2655 E Grand River  
East Lansing MI 48823  
(517)324-9010 Voice  
(517)324-9013 Fax

I would like a reply: Yes

-----

---

**From:** Madeleine Anderson  
**Sent:** Monday, July 23, 2012 5:41 PM CDT  
**To:** 'Brian@shalomandsons.com'  
**CC:** Anitha Velkur; Charlotte Marbus  
**Subject:** RE: High Res images of Corn Thins & Rice Thins for Shalom & Sons Kosher Food Dist. Co.  
**Attachments:** USA Original.jpg, USA Rice Thins.jpg, USA Corn Thins sesame.jpg, USA Flax and Soy 07.jpg, USA Multigrain 07.jpg

Dear Brian,

Thank you for taking the time to contact us for images of our products for your catalogue.

Please find attached high res images. If you need anything else feel free to contact myself or Charlotte Marbus (cmarbus@realfoods.com.au), who is our Sales Manager for the US.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: Brian@shalomandsons.com [<mailto:Brian@shalomandsons.com>]  
Sent: Tuesday, 24 July 2012 2:16 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mr  
First Name Brian  
Last Name Fitusi  
Email Address: Brian@shalomandsons.com  
Telephone Number: 415-871-3283  
Street Address:  
Suburb:  
City:  
State:  
Country: united states  
PostCode:  
Feedback: No  
Product Name:



Store Location:

Store Name:

Best Before:

Comments: I'm trying to get some high resolution images for the following products for our catalog:

Original corn thins

flax and soy corn thins

multigrain corn thins

sesame corn thins

whole grain rice thins

Brian Fitusi

Shalom & Sons kosher food distribution co.

I would like a reply: Yes

-----

---

**From:** Madeleine Anderson  
**Sent:** Monday, February 11, 2013 4:44 PM CST  
**To:** 'amy@wellamy.com'  
**CC:** Charlotte Marbus  
**Subject:** RE: Nutritional Panel information for Real Foods products  
**Attachments:** Nutrition Panel & Ingredient List images.ppt

Dear Amy,

Thank you for your interest in Real Foods products. I have attached a file which has the images of all of the Nutritional Panels from all of the products we sell in the US. If you would like product images of these as well, feel free to let me know. Also I can add your on-line store to our website when you are set up. Just let me know the details.

Let me know if you need anything else.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: amy@wellamy.com [<mailto:amy@wellamy.com>]  
Sent: Monday, 11 February 2013 11:58 PM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mrs  
First Name Amy  
Last Name Hull Brown  
Email Address: amy@wellamy.com  
Telephone Number: 973-218-6152  
Street Address: 60 Lakeview Avenue  
Suburb:  
City: Short Hills  
State: NJ  
Country: USA  
PostCode: 07078  
Feedback: No  
Product Name:

Store Location:

Store Name:

Best Before:

Comments: We are launching an online market and will carry your corn thin products. Can you send us images of the Nutritional Facts labels for these products? Thank you for your assistance.

I would like a reply: Yes

-----



NET WT 5.80Z (165g e) SERVING SUGGESTION

Popped Corn Cakes  
*Delicious Golden Corn Thins With Real Flavoring*

25  
SLICES ON AVE  
NON GMO

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**From:** Madeleine Anderson  
**Sent:** Monday, August 08, 2011 12:57 AM CDT  
**To:** 'Hally P'  
**Subject:** RE: Contact Us Form - Online wholesaler  
**Attachments:** Multigrain.pdf, 0379\_001.pdf

Hi Hally,

Final 2 pack artwork files. Rice Thins is just a scanned image of the pack, as I do not seem to have a pdf of the correct artwork at the moment.

Let me know if you need anything else.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
*Uncompromised Natural Enjoyment*

-----Original Message-----

**From:** Hally P [mailto:hp@zero-brands.com]  
**Sent:** Friday, 5 August 2011 3:08 AM  
**To:** Madeleine Anderson  
**Subject:** Re: Contact Us Form - Online wholesaler

Hello Madeleine,

Thank you for your prompt response. We are interested in all flavors of corn thins. If you could send me files with graphics of the different flavored corn thins, the nutrition information labels, and product descriptions we'd greatly appreciate it. The format could be either JPEG, GIF, or a PDF. Thank you so much.

Please let me know if you need more information.

On Wed, Aug 3, 2011 at 5:23 PM, Madeleine Anderson

<[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

Dear Hally,

I am the best person for you to contact concerning information to upload onto your website. Just let me know what you need (products & format) and I will organize for you.

I have cc'ed Charlotte Marbus on this e-mail who looks after USA Sales Nationally. She will be your best contact concerning US distributor details. Charlotte will contact you some time today to help with your query.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: [+61 2 8595 6663](tel:+61285956663), Fax: [+61 2 8595 6601](tel:+61285956601)  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: [hp@zero-brands.com](mailto:hp@zero-brands.com) [mailto:[hp@zero-brands.com](mailto:hp@zero-brands.com)]

Sent: Thursday, 4 August 2011 2:47 AM

To: REALFOODS

Subject: Contact Us Form

Title: Mrs  
First Name Hally  
Last Name Patel  
Email Address: [hp@zero-brands.com](mailto:hp@zero-brands.com)  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State:  
Country: USA  
PostCode:  
Feedback: No



Product Name:

Store Location:

Store Name:

Best Before:

Comments: We are online wholesalers and would like to add your product to our website. Can you please have someone contact me with information on graphics, nutrition information, and product information that we can upload onto our website? Also please let us know the best way to obtain your product- we are based in the US and would need the contact information of your US distributor.

I would like a reply: Yes

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Hally P

Zero Brands Inc

847-220-4369

[hp@zero-brands.com](mailto:hp@zero-brands.com)

**New Fresh look!**

**REALFOODS**  
SINCE 1980

# CORN THINS

- ✓ 2 Exciting new varieties
- ✓ Premium and enticing new pack design



---

## **Product Range**

Real Foods have 4 varieties in the Corn Thins range and have just added two new items: Cracked Pepper & Lemon Corn Thins and Rice Thins.

Corn Thins are packed in a 5.5 OZ gram bag.

## **Key Features & Benefits for new products**



### **1. Corn Thins Cracked Pepper & Lemon (NEW)**

- Golden sun-ripened corn with cracked pepper and a hint of lemon
- Fat free
- 10% dietary fibre
- Gluten free
- GMO free
- Made with all natural ingredients – no artificial colours, flavours or preservatives
- Versatile – amazing breadth of usage occasions. Can be eaten topped, with a spread or enjoyed on their own at any time of the day.
- More fiber per gram than wholemeal bread
- Thin and easy to eat
- Unique crunchy texture
- Light but satisfying
- Kosher certified
- 1 Corn Thin has ¼ of the calories of one slice of white bread



### **2. Rice Thins Wholegrain (NEW)**

- The smooth texture and delicate flavour of whole brown rice.
- Fat free
- 4% dietary fibre
- Gluten free
- GMO free
- Made with all natural ingredients – whole grain rice with no artificial colours, flavours or preservatives
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---

**From:** Charlotte Marbus  
**Sent:** Wednesday, January 16, 2008 12:36 AM CST  
**To:** 'LYNMAR446@AOL.COM'  
**CC:** Mark Scherini; Madeleine Anderson; Pam Ford (ASM\_..) \_ (E-mail)  
**Subject:** USA - NJ - Availability  
**Attachments:** USA.xls

Dear Lynda,

Thank you for your e-mail.

The team at Real Foods has worked hard at producing a product that will satisfy our customer's expectations in being both healthy and great tasting. Therefore it gives us great pleasure to receive your words of praise.

In answer to your enquiry, unfortunately our Corn Thins are not available in SHOPRITE stores, however, attached is a list of stores in New Jersey with stores that should be stocking our Corn Thins. But please note that the availability of Corn Thins is not only limited to the listed stores, as our product could be available in many more natural foods stores, we have just not been informed about these stores as yet.

If you try a convenient local natural foods store that is not listed and they do not have any in stock, may I suggest that you could approach the grocery manager and request that he or she order them in for you. I am sure you will find them helpful and responsive once they are aware of the availability of Corn Thins through UNITED NATURAL FOODS.

On the other hand, if you find our products available in a store that has not been listed, please forward us the store details and we will ensure that the store gets added to our website listing.

Regrettably we are not able to sell to you direct, but as an alternative I can let you know that our 4 varieties of Corn Thins are also available online from Miss Roben's [www.missroben.com](http://www.missroben.com) and our Sesame Corn Thins are available from Atlantis Natural Foods <http://store.atlantisnaturalfoods.com/id0000212.html>.

For now I hope this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Kind regards,

Charlotte

=====

Charlotte Marbus  
Market Co-Ordinator

Real Foods Pty Ltd  
Main: +61 (0)2 8595 6600  
Direct: +61 (0)2 8595 6665  
Fax: +61 (0)2 8595 6601  
E-mail: [cmarbus@realfoods.com.au](mailto:cmarbus@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: LYNMAR446@AOL.COM [<mailto:LYNMAR446@AOL.COM>]

Sent: Thursday, 10 January 2008 1:33 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mrs  
First Name LYNDA  
Last Name MARSH  
Email Address: LYNMAR446@AOL.COM  
Telephone Number: 201 891` 6786  
Street Address: 446 ELLIS PLACE  
Suburb:  
City: WYCKOFF  
State: NEW JERSEY  
Country: USA  
PostCode: 07481  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:

Comments: PLEASE LET ME KNOW WHERE I CAN BUY THESE WONDERFUL CORN THINS. I HAVE BEEN BUYING THEM AT FAIRWAY MARKET ON 125TH ST IN N.Y.C. BUT I DON'T GO THERE OFTEN AND WHEN I DID LAST WEEK THEY DID NOT HAVE THEM. I LIVE IN BERGEN COUNTY N.J. AND NEED TO FIND A STORE CLOSE TO HOME.

SHOPRITE IN RAMSEY.N.J. IS MY STORE OF CHOICE BUT A AND P AND STOP AND SHOP ARE ALSO IN MY AREA, IF NECESSARY.

I'M DOWN TO MY LAST 2 THINS AND BUY 8 BAGS AT A TIME SO PLEASE RESPOND A.S.A.P. MANY THANKS FOR A GREAT PRODUCT. MY SON IN HAWAII TURNED ME ON TO THEM AND I, IN TURN RECOMMENDED THEM TO MY FRIEND IN ARIZONA.

WITH MUCH APPECIATION,

LYNDA MARSH

I would like a reply: Yes

-----

---

**From:** Charlotte Marbus  
**Sent:** Wednesday, May 27, 2009 2:22 AM CDT  
**To:** 'elizabeth.gwynn@gmail.com'  
**CC:** Madeleine Anderson  
**Subject:** Rice Thins in Cleveland, Ohio  
**Attachments:** USA.xls

Dear Elizabeth,

Thank you for your email.

In response to your enquiry, unfortunately I do not have access to information to exactly tell you which stores should stock which variety, as we do not sell direct to the stores - instead they get their supplies through one of our distributors.

However, I am attaching a list of stores in Ohio that should be stocking our a range of products. But please note that the availability of Rice and Corn Thins is not only limited to the listed stores, as our product could be available in many more natural foods stores, we have just not been informed about these stores as yet.

If none of the stores stock our Rice Thins, you could approach the grocery manager of a convenient local natural foods stores and request that he or she order them in for you. I am sure you will find them helpful and responsive once they are aware of the availability of Rice Thins through UNITED NATURAL FOODS.

To help speed up the process, I am including the order number (Rice Thins 69008-1) to make it easier for the stores to place their order with the above mentioned distributor.

I trust this information will be of help to you, however, please let me know if you have any further queries or concerns.

Kind regards,

Charlotte Marbus  
Account Executive - North America  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6665, Fax: +61 (0)2 8595 6601  
E-mail: cmarbus@realfoods.com.au  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: Madeleine Anderson  
Sent: Wednesday, 27 May 2009 7:48 AM  
To: Charlotte Marbus  
Subject: FW: Contact Us Form

-----Original Message-----

From: elizabeth.gwynn@gmail.com [<mailto:elizabeth.gwynn@gmail.com>]



Sent: Wednesday, 27 May 2009 6:13 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Ms  
First Name Elizabeth  
Last Name Gwynn  
Email Address: elizabeth.gwynn@gmail.com  
Telephone Number: 4402404042  
Street Address: 33485 vineyard Park  
Suburb:  
City: Avon  
State: Ohio  
Country: USA  
PostCode: 44011  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:  
Comments: Are your corn and brown rice thins available at retail stores in the Cleveland, Ohio area? If so, where?  
I would like a reply: Yes  
-----

---

**From:** Madeleine Anderson  
**Sent:** Monday, August 31, 2009 12:30 AM CDT  
**To:** 'Hookedonsprite@aol.com'  
**CC:** Charlotte Marbus  
**Subject:** RE: Thank you

Dear Ms Brody,

What a lovely e-mail.

Thank you so much for taking the time to write to let us know how much you enjoy Corn Thins. We do take pride in the fact that we produce a great tasting product that is actually really healthy, but it is much better when we get such words of praise from someone that buys and eats our products.

thank you again.

kind regards,

Madeleine.

Madeleine Anderson  
Senior Brand Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: Hookedonsprite@aol.com [<mailto:Hookedonsprite@aol.com>]  
Sent: Saturday, 29 August 2009 1:31 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Ms  
First Name Deborah  
Last Name Brody  
Email Address: Hookedonsprite@aol.com  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State:  
Country: USA  
PostCode:  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:

Comments: I am a very picky eater and find it very challenging to find snacks that meet specific nutritious

needs while actually tasting good. For the first time ever I left my misconceptions at the door and entered the grocery store. I bought a package of your Flax Corn Thins and the Sesame ones. By the time I left the grocery store it had been a long day and I was hungry. I opened the box of Original package before getting in the car to drive home.

I must tell you (to my surprise) these were one of the tastiest snacks I have ever had. They were the perfect size and crunch. They are not over salted, as I have found with other brands – which seems to serve as a replacement for flavor. Your corn thins were just the opposite. Those small 'crackers' are perfect. They don't even need a cheese or shmear to compliment them. And I just kept thinking to myself: finally! a healthy snack with taste!"

Just know you may have lousy days as work, encounter a lot of annoying, arrogant, frustrating customers/co-workers/clients etc. but at the end of the day just remember your hard work pays off. You have aided in the creation of an amazing product and should be proud of yourself.

Thank you for all that you do!

I am truly looking forward to trying all of your products!

I would like a reply: Yes

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---

**From:** Charlotte Marbus  
**Sent:** Sunday, November 08, 2009 8:30 PM CST  
**To:** 'Constance Albares Rogers'  
**CC:** Madeleine Anderson  
**Subject:** RE: Louisiana - availability of Corn Thins

Dear Constance,

I am sorry I misread what you were initially asking. However, being a small company based all the way out in Australia, we usually don't send samples from our Sydney office as this ends up being a very costly exercise, but since I failed to explain this in my previous response I have asked if I can make an exception on this occasion and get some product sent to you.

Meanwhile I have checked the Amazon website and from what I understand the price that they are quoting is for a case of 12 packs, but you would need to confirm this with them directly. Each pack is 5.3oz and contains an average of 26 corn cakes. Our Original Corn Thins are made simply by popping grains of corn under high temperature, which is a similar process to how rice cakes are made.

I trust that I have answered all your questions, however if you have any further queries or concerns, please let me know.

Kind regards,

**Charlotte Marbus**

*Account Executive - North America*

**Real Foods Pty Ltd**

*47 Campbell Rd, St Peters, NSW 2044 Australia*

*Ph: +61 (0)2 8595 6665, Fax: +61 (0)2 8595 6601*

*E-mail: cmarbus@realfoods.com.au*

*www.cornthins.com*

-----Original Message-----

**From:** Constance Albares Rogers [mailto:conniear50@hotmail.com]

**Sent:** Saturday, 7 November 2009 1:12 AM

**To:** Charlotte Marbus

**Subject:** RE: Louisiana - availability of Corn Thins

You neglected to address if there was a way for me to sample your corn thins. That is the only one of interest to me since I am on a plan called "Let's Do Lunch." It is an eating program which is quickly growing. I do not understand the prices and what you

get. On Amazon it showed 31.00. Is that for one tube. How many could be in that packaged. Are they puffed like rice cakes? I would like to know the number of thins in each pack and would appreciate if I could taste one of these since I wouldn't pay 31.00 for something I have never tasted. Thank you for addressing some of my questions. Hoping to hear a positive response from you. In my experience in retail, the effort and kindness that you show to one is multiplied back to you in abundance. You must never view a small effort of satisfying one as a minor thing because it can return to you as monumental. Especially since there isn't much activity in America, let alone Louisiana yet. Thank you for your time and consideration. MY address is as follows: Constance Rogers, 104 Lake Crescent Circle, Houma, Louisiana 70360

> Subject: Louisiana - availability of Corn Thins  
> Date: Fri, 6 Nov 2009 18:16:21 +1100  
> From: cmarbus@realfoods.com.au  
> To: conniear50@hotmail.com  
> CC: manderson@realfoods.com.au  
>

> Dear Constance,  
>  
> Thank you for your email and your interest in our product.  
>  
> To answer your question, the availability of our Corn and Rice Thins is not only limited to the stores listed on our website. Our product could be available in many more natural foods stores, we have just not been informed of these as yet.  
> We do not sell direct to the stores - instead they get their supplies through one of our distributors - as such we rely on consumer feedback to keep the store listing up to date.  
>  
> Over the years we have worked hard on increasing our distribution throughout the USA, but we have not had much luck penetrating the Louisiana market. However, we are working hard on trying to increase the distribution of our Corn Thins varieties through some new distributors, so hopefully this will allow our product to become more readily available in the next 6 to 12 months.  
>  
> Having said this, with independent stores it is often through consumers requesting a specific product, that a store may start stocking the brand. You could approach the grocery manager of a convenient local natural foods store and ask if he or she can order the product in for you. I am sure you will find them helpful and responsive once they are aware of the availability of Corn Thins through either United Natural Foods (UNFI) or KEHE Distributors (and by early next year our Corn Thins should also be available through Tree of Life). Following are the item numbers of our current distributors to help speed up the process:  
>  
> UNFI Item# KEHE Item#  
> Original Corn Thins 15945 215157  
> Organic Sesame Corn Thins 15953 215160  
> Flax & Soy Corn Thins 15947 215158  
> Multigrain Corn Thins 15949 215159  
> Rice Thins 69008 215161  
> Cracked Pepper & Lemon 69009 215162  
>  
> Alternatively our Corn Thins are also available online from:  
[www.wholeandnatural.com](http://www.wholeandnatural.com).  
>  
> For now I hope this information will be of help to you. Meanwhile, if you do find our Corn Thins in any of your local stores, please let us know and we will add their details to our website store listing.  
>  
> Thanks,  
>  
>  
> Charlotte Marbus  
> Account Executive - North America  
> Real Foods Pty Ltd  
> 47 Campbell Rd, St Peters, NSW 2044 Australia  
> Ph: +61 (0)2 8595 6665, Fax: +61 (0)2 8595 6601  
> E-mail: [cmarbus@realfoods.com.au](mailto:cmarbus@realfoods.com.au)



> www.cornthins.com  
>  
>  
> -----Original Message-----  
> From: Madeleine Anderson  
> Sent: Friday, 6 November 2009 10:12 AM  
> To: Charlotte Marbus  
> Subject: FW: Contact Us Form  
>  
>  
> -----Original Message-----  
> From: conniear50@hotmail.com [mailto:conniear50@hotmail.com]  
> Sent: Friday, 6 November 2009 9:33 AM  
> To: REALFOODS  
> Subject: Contact Us Form  
>  
>  
> Title: Ms  
> First Name constance  
> Last Name rogers  
> Email Address: conniear50@hotmail.com  
> Telephone Number: 985-8766110  
> Street Address: 104 Lake Cresent Circle  
> Suburb:  
> City: Houma  
> State: La  
> Country: USA  
> PostCode: 70360  
> Feedback: No  
> Product Name:  
> Store Location:  
> Store Name:  
> Best Before:  
> Comments: There was no good information on where I could purchae  
this product within any radius. I would be interested in sampling your  
products. Thirty dollars is a lot to turn loose of and that is what I think is  
said was the price on Amazon. I am assuming that is one pack tube. I  
would hate to make a purchsae like that and not care for the product. I  
am on a plan that will require consumption for more than one person for  
at least six monts. It would be delightful to find somehting better than  
Wasa Flatbread.  
> I would like a reply: Yes  
> -----  
>  
>  
>  
>

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---

**From:** Madeleine Anderson  
**Sent:** Monday, December 20, 2010 7:50 PM CST  
**To:** 'dahls820@yahoo.com'  
**CC:** Charlotte Marbus  
**Subject:** RE: Thank you

Dear Dahlia,

Thank you for taking the time to write to Real Foods to let us know you like Corn Thins, & thank you for letting us know your thoughts on new flavor ideas.

We are not yet able to make a peanut butter flavored Corn Thin, but maybe some time in the future.

Thank you again for taking the time to write to us with your thoughts... it is greatly appreciated.

Have a very happy and safe holiday period.

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: dahls820@yahoo.com [<mailto:dahls820@yahoo.com>]  
Sent: Tuesday, 21 December 2010 10:42 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Miss  
First Name Dahlia  
Last Name Honigsfeld  
Email Address: dahls820@yahoo.com  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State: New York  
Country: USA  
PostCode:  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:

Comments: The original corn thins are amazing! I love spreading peanut butter on them as well. I was thinking that a good idea would be for you to sell peanut butter flavored corn thins.. My friends and I would love that!!  
Just an idea...

I would like a reply: Yes

-----

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**From:** Anitha Velkur  
**Sent:** Thursday, June 23, 2011 12:28 AM CDT  
**To:** 'susancong@aol.com'  
**CC:** Mike Wheeler (IFA) (E-mail); Charlotte Marbus; Madeleine Anderson; Lynne Franolic  
**Subject:** Can't get Corn Thins in Gainesville, GA USA\_East  
**Attachments:** USA.xls, Distributors\_USAeast\_grocer.pdf

Dear Susan

Thank you for your email letting us know how much you and your mother like our Corn Thins.

In response to your enquiry, I am attaching a list of stores in Georgia that should be stocking our Rice & Corn Thins. The availability of Rice and Corn Thins is not only limited to the stores listed in the attached sheet, as the store list has mainly been compiled based on consumer feedback. Our product could be available in many more natural foods stores, we have just not been informed about these as yet.

If none of the stores listed are close enough to where you live, then you could approach the grocery manager of any convenient local natural foods store and request that he or she order the product in for you. They are usually very helpful and responsive once they are aware of the availability of Rice & Corn Thins through United Natural Foods East (UNFI East), or KEHE Distributors or Tree of Life, who supply these items to most natural foods stores in your area.

I have also attached below a pdf with distributor names & item codes for all our Real Foods products, which you can take, if you like to your local health food store, making it easier for them to order in.

To answer your question regarding purchasing directly from us, we do not have the facilities in place to enable us to sell direct to consumers or direct to stores. However, as an alternative I can let you know that Corn Thins are available online from: <http://www.wholeandnatural.com/> and <http://www.amazon.com/Real-Foods-Original-Wheat-Free-5-3-Ounce/dp/B000LKXJW0> .

Meanwhile please note that we are working hard on trying to increase the distribution of our Corn Thins varieties through some new distributors and grocery stores and hopefully you will start seeing our product more readily available in the next 6 months to 12 months.

For now I trust this information will be of help to you, however, please do not hesitate to contact us should you have any further queries.

Regards  
Anitha

**Anitha Velkur**  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601  
E-mail: [avelkur@realfoods.com.au](mailto:avelkur@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: Madeleine Anderson

Sent: Thursday, 23 June 2011 7:41 AM

To: Anitha Velkur; Charlotte Marbus

Subject: FW: Contact Us Form

-----Original Message-----

From: susancong@aol.com [<mailto:susancong@aol.com>]

Sent: Thursday, 23 June 2011 1:50 AM

To: REALFOODS

Subject: Contact Us Form

Title: Ms

First Name Susan

Last Name Congelosi

Email Address: susancong@aol.com

Telephone Number:

Street Address:

Suburb:

City:

State:

Country: united states

PostCode:

Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: 1 question, 1 location

My mother is gluten free but lives in Gainesville, GA. She loves your Corn Thins but can't get them there. Could she purchase them directly from you?

Also the EarthFare in Boone, NC carries the Corn Thins and it's not on your list.

Thanks for a great product. I eat them instead of bread or crackers.

I would like a reply: Yes

-----

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**From:** Anitha Velkur  
**Sent:** Wednesday, September 21, 2011 12:36 AM CDT  
**To:** 'darlene.kowalski@dorfketal.com'  
**CC:** Charlotte Marbus; Madeleine Anderson  
**Subject:** Would like to purchase a box of the corn thins in USA ~ Houston, Texas :: US  
A Southwest  
**Attachments:** USA.xls

Dear Darlene

Thank you for your email and letting us know how much you enjoy our Corn Thins.

In response to your query, I am happy to be able to let you know that most natural foods stores (like your local Whole Foods store in Houston) should be able to special order a full case of our Multigrain Corn Thins for you.

I am also attaching a list of stores in Texas that should be stocking our Corn Thins. You may find a conveniently located store on this list, that is already familiar with our products and if you speak to the grocery buyer of the store, I am sure you will find them helpful and willing to assist.

Just in case you go to a different store where they are not aware of our product, I am sure you will find them helpful and responsive once they are aware of the availability of our products through either: United Natural Foods (UNFI), Tree of Life or KEHE and Nature's Best Distributors.

As an alternative I can let you know that Corn Thins are available online from: [www.wholeandnatural.com](http://www.wholeandnatural.com) and <http://www.amazon.com/Real-Foods-Original-Wheat-Free-5-3-Ounce/dp/B000LKXJW0>.

Again, thank you for contacting us and if we can further assist you, please do not hesitate to let us know.

Regards  
Anitha

Anitha Velkur  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601  
E-mail: [avelkur@realfoods.com.au](mailto:avelkur@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: Madeleine Anderson  
Sent: Monday, 19 September 2011 7:32 AM  
To: Charlotte Marbus; Anitha Velkur  
Subject: FW: Contact Us Form

-----Original Message-----

From: pauline8955@yahoo.com [<mailto:pauline8955@yahoo.com>]  
Sent: Saturday, 17 September 2011 7:19 AM



To: REALFOODS; David Bradfield  
Subject: Contact Us Form

Title: Mrs  
First Name Darlene  
Last Name Kowalski  
Email Address: pauline8955@yahoo.com  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State:  
Country: USA  
PostCode:  
Feedback: Yes  
Product Name: Corn Thins - Multigrain  
Store Location: Whole Foods  
Store Name: Houston, TX  
Best Before: M3042

Comments: I would like to purchase a box of the corn thins and would appreciate name and contact information for someone here in the USA. Whole foods sells the packages individually.

Please reply to the email above or my business email: darlene.kowalski@dorfketal.com.

This is for my personal use as I have Celiac disease and enjoy your products.

When I visited Australia I first found Corn Thins and use them as a substitute for bread. thank you.  
I would like a reply: Yes

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**From:** Charlotte Marbus  
**Sent:** Monday, October 31, 2011 6:34 PM CDT  
**To:** 'pamcotr@aol.com'  
**CC:** Madeleine Anderson; Anitha Velkur  
**Subject:** Corn Thins in NY state? Sorry, no coupons or vouchers!  
**Attachments:** Corn Thins not available in Wegmans Stores in Syracuse, NY ~ USA, East, USA.xls

Dear Pam,

To answer your questions:

Why is Wegmans not carrying them any longer?

On receiving your attached enquiry, we sent an email to our USA representative requesting them to organise one of their broker reps to visit the Wegmans Syracuse NY store and find out what may be the reason the product is not in store. At this stage we have not received an update, so we can't answer your above question as yet. However, as soon as we know more I shall let you know.

Where are the corn thins available in New York state?

Attached is a list of stores in New York state that should be stocking our Corn & Rice Thins - Also please refer to our website listing as this is continually updated when we receive new store details: <http://realfoods.com.au/interUSAAll.aspx?sectionID=34>

Could you send coupons and vouchers so we can buy them?

Coupons or vouchers are both marketing tools that we do not use. As such we therefore don't have any that we can send to any of our USA consumers.

Kind regards,

**Charlotte Marbus**

*Senior Account Executive - North America & Exports*

**Real Foods Pty Ltd**

47 Campbell Rd, St Peters, NSW 2044 Australia

Ph: +61 (0)2 8595 6665, Fax: +61 (0)2 8595 6601

E-mail: [cmarbus@realfoods.com.au](mailto:cmarbus@realfoods.com.au)

[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

**From:** Madeleine Anderson  
**Sent:** Tuesday, 1 November 2011 7:23 AM  
**Subject:** FW: Corn Thins samples

-----Original Message-----

**From:** pamcotr@aol.com [mailto:pamcotr@aol.com]  
**Sent:** Monday, 31 October 2011 9:13 PM  
**To:** Madeleine Anderson  
**Subject:** Re: Corn Thins samples

Thanks. Where are the corn thins available in New York state? Could you send coupons and vouchers so we can buy them? Why is Wegmans not carrying them any longer? Thanks for your help. Pam

-----Original Message-----

From: Madeleine Anderson <manderson@realfoods.com.au>  
To: pamcotr <pamcotr@aol.com>  
Cc: Charlotte Marbus <cmarbus@realfoods.com.au>; Anitha Velkur <avelkur@realfoods.com.au>  
Sent: Sun, Oct 30, 2011 10:42 pm  
Subject: RE: Corn Thins samples

Dear Pam,

Thank you for your email. It is great to hear you enjoy and support Corn Thins.

I am sorry, but we have just used up all our remaining sample pack stock for the year. Please note that while we have sample packs scheduled to arrive by mid February 2012, unfortunately due to the unfavourable exchange rates, my marketing budget for the USA has been reduced and I will not longer be able to support 'adhoc' sampling events.

I shall keep your details at hand, just in case one of our official pre-scheduled sampling events is cancelled.

Kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
www.cornthins.com  
Uncompromised Natural Enjoyment

-----Original Message-----

From: pamcotr@aol.com [mailto:pamcotr@aol.com]  
Sent: Saturday, 29 October 2011 12:45 PM  
To: REALFOODS; dbradfield@realfoods.com.au  
Subject: Contact Us Form

Title: Mrs  
First Name pam  
Last Name colangelo  
Email Address: pamcotr@aol.com  
Telephone Number:  
Street Address:  
Suburb:  
City:  
State:

Country: usa  
PostCode:  
Feedback: Yes  
Product Name: corn thins  
Store Location: wegmans  
Store Name: dewitt ny  
Best Before: 12121212  
Comments: Your corn thins are the best and hard to find in the USA. I am seeking  
complementary products to share with a new Celiacs support group in which we  
share a meal 1X per week with 12-16 adults and children. Would you please help  
us?  
I would like a reply: Yes  
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**From:** Anitha Velkur  
**Sent:** Sunday, March 04, 2012 8:40 PM CST  
**To:** 'Michal Perry'  
**Subject:** RE: Rice Thins?  
**Attachments:** USA.xls

Hi Michal

First of all, please accept my apologies for not responding to your email any sooner as I had somehow overlooked your email.

Please find attached list of stores in Nevada that sells some of our Corn & Rice Thins. Unfortunately, I am unable to tell you which stores stock which variety as we don't sell direct to the stores, they get their supplies through one of our distributors.

Alternatively, you could approach the grocery manager of any convenient local natural foods store and request that he or she order Rice Thins in for you. They are usually very helpful and responsive once they are aware of the availability of Corn & Rice Thins through United Natural Foods East (UNFI East), KEHE Distributors or Tree of Life, who supply these items to most natural foods stores in your area.

Please find below the list of distributors who supply Rice Thins and their item numbers for you convenience:

Distributor item numbers	UNFI East	KEHE	Tree of Life	Natural & Tasty	TOL-East (Lehigh, N.Bergen)	UNFI West	Intern. Delic.
	6pck	6pck	6pck	12pck	6pack	6pck	6pck
Rice Thins	101416	215161	1419142	054	1419142	53340	16-025-6

Hope this information will be of help to you while we try and find out why the above mentioned store stopped stocking Rice Thins.

Regards  
Anitha

**Anitha Velkur**

Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601  
E-mail: avelkur@realfoods.com.au  
www.cornthins.com

-----Original Message-----

**From:** Michal Perry [mailto:tgry@cox.net]

**Sent:** Tuesday, 29 November 2011 4:28 PM  
**To:** Anitha Velkur  
**Subject:** Re: Rice Thins?

Thank you Anitha,

Since my husband is allergy to gluten we found the rice thins a good sub for bread.  
Which store should I go and search in Henderson NV.  
Smith and Albertson are the Big supermarket and they don't carry it.

Thanks for your help,

Michal Perry,MA,CPC  
Mentor/Life Coach  
702-5912544

----- Original Message -----

**From:** [Anitha Velkur](#)  
**To:** [Michal Perry](#)  
**Sent:** Monday, November 28, 2011 8:12 PM  
**Subject:** RE: Rice Thins?  
[Dear Michal](#)

[Thank you for your email.](#)

[In response to your email, I would like to let you that we are \*\*not\*\* discontinuing Rice Thins.](#)

[Whole Foods South Pacific region is making some changes and](#)

-----Original Message-----

**From:** Michal Perry [mailto:[tgy@cox.net](mailto:tgy@cox.net)]  
**Sent:** Monday, 21 November 2011 10:17 AM  
**To:** Anitha Velkur  
**Subject:** Rice Thins?

Is your Rice Thins discontinue product?  
Whole Food said they will not have it any more.  
I saw that Amazon selling it on line,,,

Michal Perry,MA,CPC  
Mentor/Life Coach  
702-5912544

----- Original Message -----

**From:** [Anitha Velkur](#)  
**To:** [tgy@cox.net](mailto:tgy@cox.net)  
**Sent:** Thursday, October 20, 2011 9:04 PM  
**Subject:** FW: Corn Thins Out of stock in Henderson Whole Foods, NV ~ USA, West



-----Original Message-----

**From:** Anitha Velkur

**Sent:** Friday, 21 October 2011 4:03 PM

**To:** 'Michal Perry '

**Cc:** Charlotte Marbus; Madeleine Anderson; Dale Lucas (IFA) (E-mail); Siri Bahadur Khalsa (E-mail)

**Subject:** FW: Corn Thins Out of stock in Henderson Whole Foods, NV ~ USA, West

Dear Michal

Thank you for your emails. When initially responding to your email, I was not aware that your enquiry was about Rice Thins.

However, I have since found out that we were having supply issues with the Rice Thins. We have run out of stock of this variety due to unexpected increase of sales and did not have a container arriving in time to replenish the stock.

A container of stock should be arriving any day now and I suspect that the supply of the Rice Thins should be back to normal by mid-November.

In regards to your local Henderson store in Nevada, I am still awaiting information from our USA representatives as to why this store stopped stocking all our products and I shall keep you posted on what we hear back from them.

Regards

Anitha

**Anitha Velkur**

Real Foods Pty Ltd

47 Campbell Rd, St Peters, NSW 2044 Australia

Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601

E-mail: [avelkur@realfoods.com.au](mailto:avelkur@realfoods.com.au)

[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

**From:** Michal Perry [<mailto:tgyc@cox.net>]

**Sent:** Thursday, 20 October 2011 11:15 AM

**To:** Anitha Velkur

**Subject:** Re: Corn Thins Out of stock in Henderson Whole Foods, NV ~ USA, West

On this web site the product is out of stock,

[http://www.iherb.com/Real-Foods?gclid=COqA8Z799asCFRJShwodmALe\\_g](http://www.iherb.com/Real-Foods?gclid=COqA8Z799asCFRJShwodmALe_g)

Michal Perry,MA,CPC  
Mentor/Life Coach  
702-5912544

-----Original Message-----

**From:** Michal Perry [mailto:tgj@cox.net]  
**Sent:** Thursday, 20 October 2011 11:12 AM  
**To:** Anitha Velkur  
**Subject:** Re: Corn Thins Out of stock in Henderson Whole Foods, NV ~ USA, West

Dear Anita,

Just spoke with our local Whole Foods store and they told me that this product is discounting.  
Can you check this issue please?

Thanks,

Michal Perry,MA,CPC  
Mentor/Life Coach  
702-5912544

-----Original Message-----

**From:** Michal Perry [mailto:tgj@cox.net]  
**Sent:** Sunday, 16 October 2011 1:20 PM  
**To:** Anitha Velkur  
**Subject:** Re: Corn Thins Out of stock in Henderson Whole Foods, NV ~ USA, West

Thanks Anitha for the update, I will look for the rice thins at the other stores you mention.

Michal Perry,MA,CPC  
Mentor/Life Coach  
702-5912544

----- Original Message -----

**From:** Anitha Velkur  
**To:** [tgj@cox.net](mailto:tgj@cox.net)  
**Cc:** Madeleine Anderson ; Charlotte Marbus ; Dale Lucas (IFA) (E-mail)  
**Sent:** Wednesday, October 12, 2011 9:08 PM  
**Subject:** Corn Thins Out of stock in Henderson Whole Foods, NV ~ USA, West

Dear Mika

Thank you for your email and letting us know your appreciation of our Corn Thins.

In response to your query, I checked the recent Whole Foods Sales reports and the Henderson store didn't show any sales in the last 3 weeks. We are obviously very concerned, as we are not having any supply issues. We don't sell our product direct to the stores, they get their supplies through one of our distributors and as far as I know, they are not having any supply issues either. So by copy of this email I am asking our USA representative to organise one their broker reps to visit this store and find out what may be the issue.

Meanwhile, please find attached a list of all stores in Nevada that should be stocking some of our products.

Alternatively, you could approach the grocery manager of any convenient local natural foods store and request that he or she order the product in for you. They are usually very helpful and responsive once they are aware of the availability of Corn & Rice Thins through United Natural Foods East (UNFI East), KEHE Distributors or Tree of Life, who supply these items to most natural foods stores in your area.

Unfortunately, we do not have the facilities in place to enable us to sell direct to consumers or direct to stores. However, as an alternative I can let you know that Corn Thins are available online from: <http://www.wholeandnatural.com/> and <http://www.amazon.com/>.

Hope this information will be of help to you while we try and find out why the sales have decreased in this store.

Regards  
Anitha

**Anitha Velkur**

Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601  
E-mail: [avelkur@realfoods.com.au](mailto:avelkur@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: Madeleine Anderson  
Sent: Thursday, 13 October 2011 7:20 AM  
To: Anitha Velkur  
Cc: Charlotte Marbus  
Subject: FW: Contact Us Form

-----Original Message-----

From: tgy@cox.net [<mailto:tgy@cox.net>]  
Sent: Thursday, 13 October 2011 4:38 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mr  
First Name Mika  
Last Name perry  
Email Address: tgy@cox.net  
Telephone Number: 7022691474  
Street Address: 3063 silent wind way  
Suburb: HENDERSON  
City: HENDERSON  
State: NV  
Country: United States  
PostCode: 89052  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:  
Comments: you have a great product and suddenly is out of the selves in our local  
Whole food store.  
How can I buy it elsewhere?  
I would like a reply: Yes

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**From:** Mimi Zarsky  
**Sent:** Thursday, October 11, 2012 11:41 AM CDT  
**To:** Madeleine Anderson  
**CC:** Kathryn Sclavi  
**Subject:** RE: Corn Thins samples for National Performance Network

Dear Madeleine:

Our site coordinator in Philadelphia will store the Corn Thins until our meeting in December!

You can ship to her anytime at this address:

Kathryn Sclavi  
4702 Cedar Avenue, Apt. 2F  
Philadelphia, PA 19143

Also—I couldn't find a downloadable logo on the Cornthins site. Please advise, or send to me!  
PS: I created the best Cornthins recipe: put ripe avocado, salt and sriracha on top!

Thanks a ton,  
Mimi

---

**From:** Madeleine Anderson [mailto:manderson@realfoods.com.au]  
**Sent:** Monday, August 06, 2012 4:27 PM  
**To:** Mimi Zarsky  
**Subject:** RE: Corn Thins samples for National Performance Network

Thanks Mimi

-----Original Message-----

**From:** Mimi Zarsky [mailto:mzarsky@nnpweb.org]  
**Sent:** Tuesday, 7 August 2012 2:12 AM  
**To:** Madeleine Anderson  
**Cc:** Jenny Howell  
**Subject:** Re: Corn Thins samples for National Performance Network

Madeleine:

We will put the date to alert you 6 days in advance on our calendars!

With appreciation,

Mimi

On Sun, Aug 5, 2012 at 8:28 PM, Madeleine Anderson

<[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

Hi Mimi,

We can send out when you need, but need at least 5 days notice, as it takes the warehouse a bit of time to organize the courier company.

It would be good if you could include our logo & website address ([www.cornthins.com](http://www.cornthins.com)) on any materials (if possible).

many thanks,

Madeleine.

-----Original Message-----

**From:** Mimi Zarsky [mailto:[mzarsky@npnweb.org](mailto:mzarsky@npnweb.org)]

**Sent:** Thursday, 2 August 2012 7:19 AM

**To:** Madeleine Anderson

**Cc:** Jenny Howell

**Subject:** Re: Corn Thins samples for National Performance Network

Hi Madeleine:

Thank you so much for keeping this on your radar!

I am hopeful that you can wait to send the samples in December. Let me know if that is possible, if not I will send you its destination address!

PS: how would you like to be credited in our materials?

Thanks,

Mimi

On Mon, Jul 30, 2012 at 7:04 PM, Madeleine Anderson

<[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

Dear Mimi,

Can you please confirm the address you need the samples sent to . At the moment I am planning to send to you in New Orleans, but this may not be ideal, as the Dance is in Philadelphia.

Let me know what is best.

thanks,

Madeleine.

-----Original Message-----

**From:** Madeleine Anderson

**Sent:** Thursday, 14 June 2012 1:48 PM

**To:** 'Mimi Zarsky'

**Cc:** Jenny Howell

**Subject:** RE: Corn Thins samples for National Performance Network

Dear Mimi,



Supplying 300 sample packs of Corn Thins will be fine. I have attached an image of a sample pack of Corn Thins. The pack contains 4 slices of Corn Thins, so are good to snack on.

Let me know when you need them by & where & I will organize to be shipped from our warehouse in Baltimore.

You should enjoy Brisbane, as it is generally a warm city, so plenty to do outside. Real Foods is in Sydney which is about 750km south of Brisbane, but I have spent some time in the past in Brisbane from time to time. Nice restaurants & good walks around the river on which Brisbane sits.

kind regards,

Madeleine.

-----Original Message-----

**From:** Mimi Zarsky

[mailto:[mzarsky@nnpweb.org](mailto:mzarsky@nnpweb.org)]

**Sent:** Thursday, 14 June 2012 3:03 AM

**To:** Madeleine Anderson

**Cc:** Jenny Howell

**Subject:** Re: Corn Thins samples for National Performance Network

Dear Madeleine:

This is great news!

We expect about 300 people at the event in Philadelphia, Pennsylvania. What do you think is a reasonable number of samples (what does a sample look like?), and where/when would you want to ship them?

By the way--my husband and I may visit my sister-in-law in Australia early next year; she lives near Brisbane.

With gratitude,  
Mimi

On Wed, Jun 13, 2012 at 12:33 AM, Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:  
Dear Mimi,

Thank you for letting me know how much you enjoy Corn Thins & thank you for introducing them to people at work. We are a small company so this is a great help to us.

Yes, we would be interested in supplying Corn Thins samples for your event in December. Please let me know how many samples you think you will need & I will see what we can organize.

thank you again,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: [+61 2 8595 6663](tel:+61285956663), Fax: [+61 2 8595 6601](tel:+61285956601)  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

-----Original Message-----

From: [mzarsky@npnweb.org](mailto:mzarsky@npnweb.org)  
[mailto:[mzarsky@npnweb.org](mailto:mzarsky@npnweb.org)]  
Sent: Tuesday, 12 June 2012 3:19 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Ms  
First Name Mimi  
Last Name Zarsky  
Email Address: [mzarsky@npnweb.org](mailto:mzarsky@npnweb.org)  
Telephone Number: [504/595-8008](tel:5045958008)  
Street Address: 866 Camp Street  
Suburb:  
City: New Orleans

State: LA  
Country: USA  
PostCode: 70130  
Feedback: No  
Product Name: Corn Thins  
Store Location: Whole Foods  
Store Name: Metairie, LA  
Best Before: ?  
Comments: Dear Friends: I happened upon Corn Thins a few years ago and love them. What's great about them is that they have flavor, density, few calories and are satisfying. But what has happened in my office is that EVERYONE now loves them-- people who would ordinarily scoff at a rice cake, beg for a Corn Thin.

This leads me to my question: I organize conferences for the National Performance Network, which is largely made up of performing and visual artists. I am always looking for a new and interesting (and healthy) product that I can share with this group at our big conference in December. Since we are a nonprofit organization, I am forced to rely on the kindness of strangers and request the donation of products in-kind.

Is this something that you might consider? I would be introducing Corn Thins to a whole new world of potential consumers! Please let me know at your earliest convenience--I can tell you more details about this request.

Many thanks for considering,  
Mimi Zarsky  
I would like a reply: Yes

-----

--  
Mimi Zarsky  
Senior Program Specialist for Convenings  
National Performance Network

P.O. Box 56698  
New Orleans, LA 70156-6698  
<http://www.npnweb.org>  
[504.595.8008 x203](tel:504.595.8008)  
Fax: [504.595.8006](tel:504.595.8006)

--  
Mimi Zarsky  
Senior Program Specialist for Convenings  
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<http://www.npnweb.org>  
[504.595.8008 x203](tel:504.595.8008)  
Fax: 504.595.8006

---

**From:** Ellen Karlin  
**Sent:** Wednesday, January 30, 2013 10:27 AM CST  
**To:** Madeleine Anderson  
**Subject:** RE: FW: logo

Madeleine-

That is fine. I will contact you later in the year to discuss possible partial sponsorship for a conference after July, 2013.

If possible, please send samples of Corn Thins to my office to distribute during presentations and to clients:

Ellen Karlin, RD  
6 Park Center Ct #204  
Owings Mills, MD 21117  
410-979-7165

Thanks and have a wonderful day!  
Ellen

--- On Tue, 1/29/13, Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

From: Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)>  
Subject: RE: FW: logo  
To: "Ellen Karlin" <[karlinldn@yahoo.com](mailto:karlinldn@yahoo.com)>  
Date: Tuesday, January 29, 2013, 11:09 PM

Hi Ellen,

Sorry for the delay in getting back to you.

I will have to look at a conference later in the year, as my initial agreement with my boss (Real Foods owner) was for \$400 a year. As 2012 initial payment was in July last year, I will need to wait till around this time to stay within this agreement.

Hopefully this is not a concern.

kind regards,

Madeleine.

-----Original Message-----

**From:** Ellen Karlin [<mailto:karlinldn@yahoo.com>]  
**Sent:** Friday, 18 January 2013 2:05 AM  
**To:** Madeleine Anderson  
**Subject:** RE: FW: logo

Madeleine-

I understand and thank you for your support in 2012.  
I am requesting partial sponsorship in the amount of \$400 for a conference in 2013.  
Is it possible for you to be my partial sponsor for either this conference or another conference in 2013?  
Thank you,  
Ellen

--- On Wed, 1/16/13, Madeleine Anderson <manderson@realfoods.com.au> wrote:

From: Madeleine Anderson <manderson@realfoods.com.au>  
Subject: RE: FW: logo  
To: "Ellen Karlin" <karlinldn@yahoo.com>  
Date: Wednesday, January 16, 2013, 10:39 PM

Hi Ellen,

Happy New Year.

It is great to hear you have been accepted as a speaker for the NYSDA Annual Meeting. As initially mentioned Real Foods is a small food company so we have very little funds available to promote our Corn Thins. In saying this speakers with your expertise are invaluable to us. In the future I do hope that Corn Thins will be large enough to sponsor a majority of your speaking events, but at this time we can only afford to sponsor you \$400 a year. I realise this may not be suitable due to your experience and reputation, but my hands are tied till the business grows and the owner (Michael Pels) releases more funds to me.

Kind regards,

Madeleine.

-----Original Message-----

**From:** Ellen Karlin [mailto:karlinldn@yahoo.com]  
**Sent:** Thursday, 17 January 2013 4:10 AM  
**To:** Madeleine Anderson  
**Subject:** RE: FW: logo

Hi Madeleine-

I just received this email from the New York State Dietetic Association and I know if you could help me out with partial sponsorship in the amount of \$400 for an annual session in May, 2013.  
Thanks!

From: Michelle Barber <michelle.easterly@gmail.com>  
Subject: Re: speaker proposal  
To: "Ellen Karlin" <karlinldn@yahoo.com>  
Date: Wednesday, January 16, 2013, 11:50 AM



Hi Ellen, Thank you for the submission of your speaker proposal. We are interested in having you speak at the NYSDA Annual Meeting & Expo and you might be able to get sponsorship for your presentation/travel expenses. We were hoping this could be a possibility and wanted to explore that opportunity.

Best,  
Michelle

--- On **Thu, 9/20/12, Madeleine Anderson** <[manderson@realfoods.com](mailto:manderson@realfoods.com)>

From: Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)>  
Subject: RE: FW: logo  
To: "Ellen Karlin" <[karlinldn@yahoo.com](mailto:karlinldn@yahoo.com)>  
Date: Thursday, September 20, 2012, 6:30 PM

Thanks Ellen

---

**From:** Ellen Karlin [<mailto:karlinldn@yahoo.com>]  
**Sent:** Fri 9/21/2012 4:57 AM  
**To:** Madeleine Anderson  
**Subject:** RE: FW: logo

Lauren's phone number is (507) 351-8428  
Thank you,  
Ellen

--- On **Wed, 9/19/12, Madeleine Anderson** <[manderson@realfoods.com](mailto:manderson@realfoods.com)>

From: Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)>  
Subject: RE: FW: logo  
To: "Ellen Karlin" <[karlinldn@yahoo.com](mailto:karlinldn@yahoo.com)>  
Date: Wednesday, September 19, 2012, 5:27 PM

Hi Ellen,

Thank you for this. Could you please give me a contact number for Lauren for transport company.  
For your delivery I will use the number Phone: **(410) 979-7165**.

many thanks,

Madeleine.

-----Original Message-----

**From:** Ellen Karlin [<mailto:karlinldn@yahoo.com>]

**Sent:** Thursday, 20 September 2012 2:03 AM  
**To:** Madeleine Anderson  
**Subject:** Re: FW: logo

Madeleine-

If possible, please send sample Corn Thin samples to my office  
Ellen Karlin, Rd

6 Park Center Ct #204

Owings Mills, MD 21117

In addition, please send Corn Thin samples to: Lauren Moore, 6  
Roscoe, IL. 61073. (for distribution at the October 9 seminar)

Thanks so much,

Ellen

--- On Tue, 8/28/12, Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)>

From: Madeleine Anderson <[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)>

Subject: FW: logo

To: [moore.laurenlee@gmail.com](mailto:moore.laurenlee@gmail.com)

Cc: [karlinldn@yahoo.com](mailto:karlinldn@yahoo.com)

Date: Tuesday, August 28, 2012, 6:44 PM

Dear Lauren,

Please find attached Real Foods Corn Thins logo for program broch  
by Ellen below.

If you need anything else, please let me know.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
*Uncompromised Natural Enjoyment*

-----Original Message-----

**From:** Ellen Karlin [<mailto:karlinldn@yahoo.com>]

**Sent:** Wednesday, 29 August 2012 8:31 AM

**To:** Madeleine Anderson

**Subject:** logo

Madeleine-  
Please email company logo to conference planner, Lauren for  
moore.laurenlee@gmail.com.  
Thank you,  
Ellen

--- On **Wed, 8/22/12**, Madeleine Anderson <manderson@realfoods.com.au>

From: Madeleine Anderson <manderson@realfoods.com.au>  
Subject: RE: samples!  
To: "Ellen Karlin" <karlinldn@yahoo.com>  
Date: Wednesday, August 22, 2012, 9:40 PM

Thanks Ellen

-----Original Message-----

**From:** Ellen Karlin [mailto:karlinldn@yahoo.com]  
**Sent:** Wednesday, 22 August 2012 1:57 AM  
**To:** Madeleine Anderson  
**Subject:** RE: samples!

Madeleine-  
Attached please find invoice for \$100.  
Thank you for your support,  
Ellen

--- On **Tue, 7/31/12**, Madeleine Anderson <manderson@realfoods.com.au> wrote:

From: Madeleine Anderson <manderson@realfoods.com.au>  
Subject: RE: samples!  
To: "Ellen Karlin" <karlinldn@yahoo.com>  
Date: Tuesday, July 31, 2012, 1:23 AM

Hi Ellen,

As Michael has agreed to \$400 spend, feel free to send me  
another \$100. Let me know when the conference is & I will  
send some more samples of Corn Thins.

Attached is the Corn Thins logo.

kind regards,

Madeleine.

-----Original Message-----

**From:** Ellen Karlin [mailto:karlinldn@yahoo.com]  
**Sent:** Tuesday, 31 July 2012 1:41 AM  
**To:** Madeleine Anderson  
**Subject:** RE: samples!

Madeleine-

Since I only needed \$300 for this presentation provide \$100(or maybe \$200) toward my trav conference?

If so, I can send the invoice once that confere

Thanks,

Ellen

--- On **Thu, 7/26/12, Madeleine Anderson** <manderson@realfoods.com.au> wrote:

From: Madeleine Anderson <manderson@r  
Subject: RE: samples!  
To: "Ellen Karlin" <karlinldn@yahoo.com>  
Date: Thursday, July 26, 2012, 5:45 PM

Hi Ellen,

Thank you for this. I will organize to send sampl  
office at the same time as I send samples & pro

many thanks again,

Madeleine.

-----Original Message-----

**From:** Ellen Karlin [mailto:karlinldn@yahoo.com]  
**Sent:** Friday, 27 July 2012 7:10 AM  
**To:** Madeleine Anderson  
**Subject:** samples!

Madeleine-

Julie's phone number is 717-497-7972

If you would also like your company  
conference brochure, please email it to  
julieannsteele@hotmail.com.

In addition, please send me sample pr  
and local presentations that I am givir

Ellen Karlin, RD  
6 Park Center Ct #204  
Owings Mills, MD 21117  
410-979-7165  
Thanks!  
Ellen

---

**From:** Madeleine Anderson  
**Sent:** Sunday, September 15, 2013 5:03 PM CDT  
**To:** 'audandmax@gmail.com'  
**Subject:** RE: Calories per Original Corn Thin.  
**Attachments:** Calories per slice & serving on US Original Corn Thins pack.ppt

Dear Audrey,

Thank you for taking the time to contact Real Foods concerning Original Corn Thins. It is wonderful to hear that you love them.

Concerning Calories, there are 23 Cal per Corn Thin. This is stated on the front of pack, and in the nutritional panel. I have attached a file with a snap shot of the packaging to show you where this is on packaging (circled in pink). The front of pack the statement is for Calories per slice (per Corn Thin). In the nutritional panel the statement is per serving (which is 2 slices, or 2 Corn Thins).

Please let me know if your packaging does not match this, as it is a concern if you have something different.

many thanks,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

<https://www.facebook.com/cornthins>

-----Original Message-----

From: audandmax@gmail.com [<mailto:audandmax@gmail.com>]  
Sent: Saturday, 14 September 2013 2:59 AM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mrs  
First Name Audrey  
Last Name Konigsberg  
Email Address: audandmax@gmail.com  
Telephone Number: 2017674313  
Street Address: 7 Meadow Court  
Suburb: Norwood  
City: Norwood  
State: New Jersey  
Country: USA  
PostCode: 07648



Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: I tased a sample of your Corn Thins Original and loved them. My question is: How many calories are in each of the corn thins? The calorie count is not listed on the package. Why is that? Please advise. Many thanks.

I would like a reply: Yes

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---

**From:** Madeleine Anderson  
**Sent:** Monday, September 16, 2013 6:11 PM CDT  
**To:** 'Audrey Konigsberg'  
**Subject:** RE: Calories per Original Corn Thin.  
**Attachments:** Calories per slice & serving on Original Corn Thins sample pack.ppt

Dear Audrey,

Thank you for this feedback.

The sample pack is a little more difficult to read and understand, as the format is what is used in Australia, as this was initially where we did a majority of our sampling.

In the nutritional panel 'Energy' is stated as 185kJ (44 Cal) per serving & a serving size is 2 slices. This works out to be 22 Cal per slice or Corn Thin. The Calorie content is slightly different between the sample pack and the 5.3oz saleable pack, as we have rounded the Corn Thins weight up to the nearest gram on the 5.3oz pack, while the sample pack is to one decimal place.

I have checked our latest distributor reports to see which stores should be selling Corn Thins closest to you. Below is a list. Hopefully a few of these stores are convenient for you. There may be other stores, but these are the ones which our distributors let us know about.

STORE	ADDRESS	SUBURB	STATE	ZIP
STOP & SHOP	380 W PLEASANTVIEW AVE	HACKENSACK	NJ	07601
STOP & SHOP	337 FRANKLIN AVENUE	WYCKOFF	NJ	07481
LEONIA MARKET	315 BROAD AVENUE	LEONIA	NJ	07605
STOP & SHOP	20 WASHINGTON AVENUE	DUMONT	NJ	07628
ORGANICA	246 LIVINGSTON ST	NORTHVALE	NJ	07647
FAIRWAY PARAMUS	34 E RIDGEWOOD AVENUE	PARAMUS	NJ	07652
STOP & SHOP	665 AMERICAN LEGION DRIVE	TEANECK	NJ	07666
A MATTER OF HEALTH ROCKLN	138 ROCKLAND PLAZA	NANUET	NY	10954
OLD WORLD FOOD MARKET	40 ROUTE 59	NYACK	NY	10960
WHOLE FOODS	300 Bergen Town Center	PARAMUS	NJ	07652

If you have any further question, please let me know.

kind regards,

Madeleine.

-----Original Message-----

**From:** Audrey Konigsberg [mailto:audandmax@gmail.com]  
**Sent:** Monday, 16 September 2013 11:54 PM  
**To:** Madeleine Anderson  
**Subject:** Re: Calories per Original Corn Thin.

Thank you for your prompt response. Actually my package was a sample that I received when I attended a mall event at Riverside Square Mall in Hackensack NJ.

There were 4 corn thins in the package and my husband and I liked them so much that I researched where they could be found near our home in Bergen County, NJ. I found a health food store(Organica - in Norhtvale, NJ) that supposedly has them and a Whole Foods store as well. I will try to find them. We were surprised that nowhere on the package was an indication of calories. That is why I wrote to you. If it interests you I will tell you what the package says. 4 crispbread slices, 22g (0.8oz) There are no calorie indications either on the front nor the back of the bag. We looked for the info on the back where nutritional information is listed and nothing there as well. Hope this is helpful to you.

Thanks for your interest.

Audrey

On Sun, Sep 15, 2013 at 6:03 PM, Madeleine Anderson

<[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

Dear Audrey,

Thank you for taking the time to contact Real Foods concerning Original Corn Thins. It is wonderful to hear that you love them.

Concerning Calories, there are 23 Cal per Corn Thin. This is stated on the front of pack, and in the nutritional panel. I have attached a file with a snap shot of the packaging to show you where this is on packaging (circled in pink). The front of pack the statement is for Calories per slice (per Corn Thin). In the nutritional panel the statement is per serving (which is 2 slices, or 2 Corn Thins).

Please let me know if your packaging does not match this, as it is a concern if you have something different.

many thanks,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: [+61 2 8595 6663](tel:+61285956663), Fax: [+61 2 8595 6601](tel:+61285956601)  
[www.cornthins.com](http://www.cornthins.com)  
Uncompromised Natural Enjoyment

<https://www.facebook.com/cornthins>

-----Original Message-----

From: [audandmax@gmail.com](mailto:audandmax@gmail.com) [mailto:[audandmax@gmail.com](mailto:audandmax@gmail.com)]

Sent: Saturday, 14 September 2013 2:59 AM

To: REALFOODS

Subject: Contact Us Form

Title: Mrs

First Name Audrey

Last Name Konigsberg

Email Address: [audandmax@gmail.com](mailto:audandmax@gmail.com)

Telephone Number: [2017674313](tel:2017674313)

Street Address: 7 Meadow Court

Suburb: Norwood

City: Norwood

State: New Jersey

Country: USA

PostCode: 07648

Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: I tasted a sample of your Corn Thins Original and loved them. My question is: How many calories are in each of the corn thins? The calorie count is not listed on the package. Why is that? Please advise. Many thanks.

I would like a reply: Yes

-----

---

**From:** Anitha Velkur  
**Sent:** Thursday, March 22, 2012 8:18 PM CDT  
**To:** 'bobhelen@comcast.net'  
**CC:** Madeleine Anderson; Charlotte Marbus; Lynne Franolic; Conrad Pels; Donald Cook (IFA) (E-mail); Mike Wheeler (IFA) (E-mail)  
**Subject:** Corn Thins Availability in Warminster, PA  
**Attachments:** USA.xls

Dear Helen

Thank you for your email and first of all, please accept my apologies for not responding any sooner as I had somehow overlooked your email.

In response to your inquiry, I can confirm that we are not working on repackaging our products nor are we having any supply issues that we are aware of. Please note that we don't sell our product direct to the stores, they get their supplies through one of our distributors and as far as I know, they are not having any supply issues either. However, your feedback is very important to us; so if you could let us know the details (store name, suburb) of the store in question, I will ask our USA representative to organise one of their broker reps to visit/call on the store and find out what may be the issue.

Please find attached list of stores in PA that stock some of our Corn & Rice Thins.

Alternatively, you could approach the grocery manager of any convenient local natural foods store and request that he or she order the product in for you. They are usually very helpful and responsive once they are aware of the availability of Corn & Rice Thins through United Natural Foods East (UNFI East), KEHE Distributors or Tree of Life, who supply these items to most natural foods stores in your area.

For now I trust this information will be of help to you, however, if you could forward us the details of the store in question, then we can get this miscommunication fixed up.

Regards  
Anitha

**Anitha Velkur**

Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 (0)2 8595 6661, Fax: +61 (0)2 8595 6601  
E-mail: [avelkur@realfoods.com.au](mailto:avelkur@realfoods.com.au)  
[www.cornthins.com](http://www.cornthins.com)

-----Original Message-----

From: Madeleine Anderson  
Sent: Thursday, 15 March 2012 7:24 AM  
To: Charlotte Marbus; Anitha Velkur  
Subject: FW: Contact Us Form

-----Original Message-----

From: bobhelen@comcast.net [<mailto:bobhelen@comcast.net>]

Sent: Thursday, 15 March 2012 1:48 AM

To: REALFOODS

Subject: Contact Us Form

Title: Mrs

First Name Helen

Last Name Cohen

Email Address: bobhelen@comcast.net

Telephone Number: 215-837-8693

Street Address: 166 Fairway Drive

Suburb:

City: Warminster

State: Pa.

Country: United States

PostCode: 18974

Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: I can no longer purchase your product at my local supermarket.

They told me you are working on

repackaging and none is available. I am gluten-free and use your product for my bread, so please let me know when it will be available and at what stores in my area Thank you Helen Cohen.

I would like a reply: Yes

-----



## Madeleine Anderson

---

**From:** Madeleine Anderson  
**Sent:** Wednesday, 21 July 2010 12:56 PM  
**To:** 'pattis28@hotmail.com'  
**Cc:** Charlotte Marbus  
**Subject:** RE: Thank you

Dear Patti,

I just wanted to say tahnk you for such a lovely e-mail. You have made my day even better.

thank you again,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: +61 2 8595 6663, Fax: +61 2 8595 6601  
www.cornthins.com  
Uncompromised Natural Enjoyment

-----Original Message-----

From: pattis28@hotmail.com [mailto:pattis28@hotmail.com]  
Sent: Wednesday, 21 July 2010 12:41 PM  
To: REALFOODS  
Subject: Contact Us Form

Title: Mrs  
First Name Patti  
Last Name Schlenker  
Email Address: pattis28@hotmail.com  
Telephone Number:  
Street Address: 40 Robles St.  
Suburb: Florin  
City: Sacramento  
State: California  
Country: USA  
PostCode: 95828  
Feedback: No  
Product Name:  
Store Location:  
Store Name:  
Best Before:

Comments: This is just a note to tell you how important your CornThins are to me. I have Celiac disease and like the CornThins better than the gluten-free breads. I can eat the Original and the Sesame. I buy them at "Raley's" or "Bel Air" in Elk Grove, California.

Thank you for making them and thank you for sending them to the States!  
I would like a reply: No

-----

---

**From:** Sally Booker-James  
**Sent:** Friday, March 22, 2013 11:05 AM CDT  
**To:** Madeleine Anderson  
**Subject:** Re: Thank you

Dear Madeline,

What a very nice note from the marvelous Down Under! I'll spread the word to Kroger. I appreciate knowing the name of the distributor.

Many thanks,  
Sally

PS: The Corn Thins are a terrific way to help lose weight. I saw a woman at Whole Foods the other day buying six bags; we agreed that we don't eat bread anymore.

On Thu, Mar 21, 2013 at 6:35 PM, Madeleine Anderson  
<[manderson@realfoods.com.au](mailto:manderson@realfoods.com.au)> wrote:

Dear Sally,

Thank you taking the time to write to Real Foods letting us know how much you love Corn Thins. This is wonderful to hear and greatly appreciated.

We do not sell direct to stores, but via distributors, so do not always know all of the stores that are currently selling Corn Thins.

Concerning Kroger, over the past 6-12 months they have stopped ordering from their distributor 'Kehe'. We do not know why, but we are definitely do want to be in these stores, so will be working hard to get back in. With support from people like you, we have a much better chance of getting back into Kroger stores .... hopefully some time soon.

Many thanks again for your support of Corn Thins.

kind regards,

Madeleine.

Madeleine Anderson  
Marketing Manager  
Real Foods Pty Ltd  
47 Campbell Rd, St Peters, NSW 2044 Australia  
Ph: [+61 2 8595 6663](tel:+61285956663), Fax: [+61 2 8595 6601](tel:+61285956601)

[www.cornthins.com](http://www.cornthins.com)

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-----Original Message-----

From: [booker.sallyc141@gmail.com](mailto:booker.sallyc141@gmail.com) [mailto:[booker.sallyc141@gmail.com](mailto:booker.sallyc141@gmail.com)]

Sent: Friday, 22 March 2013 1:30 AM

To: REALFOODS

Subject: Contact Us Form

Title: Mrs

First Name Sally

Last Name Booker-James

Email Address: [booker.sallyc141@gmail.com](mailto:booker.sallyc141@gmail.com)

Telephone Number: [434-977-1918](tel:434-977-1918)

Street Address: 1408 Foxbrook Lane

Suburb:

City: Charlottesville

State: Virginia

Country: USA

PostCode: 22901-3120

Feedback: No

Product Name:

Store Location:

Store Name:

Best Before:

Comments: Hello Corn Thins!

We LOVE your products. I can buy them locally at Whole Foods, Integral Yoga & Rebecca's..... BUT I do almost all of my shopping at Kroger. I have printed information off your website and will give it to the Manager at KROGER in Barracks Road Shopping Center, 1159 Emmett St., Charlottesville, with a request that they start carrying Corn Thins in their store. (There are two other local Kroger stores...1904 Emmett St. & 1980 Rio Hill Center, and one in Barboursville that your site says does carry Corn Thins). Charlottesville is very health conscious and Kroger is expanding their healthy food products. THANK YOU!!

I would like a reply: Yes

-----

# **EXHIBIT 8**

## **To the Declaration of Paul Madrid**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

FRITO-LAY NORTH AMERICA, INC.,

Opposer,

v.

REAL FOODS PTY LTD,

Applicant.

Opposition No. 91212680 (parent)  
Opposition No. 91213587

**APPLICANT'S RESPONSES AND OBJECTIONS**  
**OPPOSER'S FIRST SET OF REQUESTS FOR ADMISSION TO APPLICANT**

Pursuant to 37 C.F.R. § 2.120 and Rule 36 of the Federal Rules of Civil Procedure, Applicant, Real Foods Pty Ltd. ("Applicant"), responds and objects to Opposer Frito-Lay North America, Inc.'s ("Opposer") First Set of Requests for Admission as follows:.

**OBJECTIONS**

Applicant repeats and incorporates by reference its objections to Opposer's First Set of Interrogatories in this proceeding. Applicant responds to Opposer's First Set of Requests for Admission subject to those objections.

**STATEMENTS**

**STATEMENT NO. 1**

The following documents identified by production numbers assigned by Applicant are authentic under Federal Rule of Evidence 901:

- 1) RF000005
- 2) RF000016-000017
- 3) RF000018-000020
- 4) RF000044
- 5) RF000082-000083

- 231) RF003297-003298
- 232) RF003304-003305
- 233) RF003312-003314
- 234) RF003318-003319
- 235) RF003342
- 236) RF003343-003344
- 237) RF003346-003347
- 238) RF003356-003357
- 239) RF003370-003375
- 240) RF003436-003437
- 241) RF003500-003501
- 242) RF003503-003505

**RESPONSE TO STATEMENT NO. 1**

Applicant responds to the Request in Statement No. 1 as set forth below:

- 1) RF000005 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF000005 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 2) RF000016-000017 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF000016-000017 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 3) RF000018-000020 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF000018-000020 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.



- 4) RF000044 – Without waiver of the general objections, Applicant admits that it received the letter contained in the document identified by bates number RF000044 near or about the date reflected therein. Applicant, however, has no knowledge of the identity of the author of this letter and thus cannot admit or deny the authenticity of this document.
- 5) RF000082-000083 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF000082-000083.
- 6) RF000228 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF000228 per the date and time stamp reflected therein. Applicant, however, has no knowledge of the identity of the author of this letter and thus cannot admit or deny the authenticity of this document.
- 7) RF000243– Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF000243 per the date and time stamp reflected therein. Applicant, however, has no knowledge of the identity of the author of this letter and thus cannot admit or deny the authenticity of this document.
- 8) RF000265 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF000265 per the date and time stamp reflected therein. Applicant, however, has no knowledge of the identity of the author of this letter and thus cannot admit or deny the authenticity of this document.
- 9) RF000282-000360 – Without waiver of the general objections, Applicant admits that it received the presentation contained in the document identified by bates numbers RF000282-000360 near or about the date reflected therein. The presentation, however, is not a business record of Applicant and Applicant has no knowledge concerning the preparation or creation of the presentation, and thus cannot admit or deny the authenticity of this document.
- 10) RF000641 – Without waiver of the general objections, Applicant admits that it received the spreadsheet contained in the document identified by bates number RF000641. The spreadsheet, however, is not a business record of Applicant and Applicant has no knowledge concerning the preparation or creation of the spreadsheet. However, there are some calculations on said spreadsheet produced to Opposer which were made by an employee of the Applicant, and Applicant therefore admits to the authenticity of said calculations by such employee but not the rest of the spreadsheet. Said calculations were based on the third-party provided information.
- 11) RF000657– Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates number RF000657.
- 12) RF000668-000671 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF000668-000671.

- 13) RF000675-000676 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF000675-000676.
- 14) RF000679-000680 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF000679-000680.
- 15) RF000683 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates number RF000683.
- 16) RF000684-000685 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF000684-000685.
- 17) RF000723-000724 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF000723-000724.
- 18) RF000727-000732 – Without waiver of the general objections, Applicant admits the authenticity of the advertisement contained within the document identified by bates numbers RF000727-000732. Applicant, however, has no knowledge of the author of the remaining content contained in this document and thus cannot admit or deny the authenticity of this document.
- 19) RF000733-000735 – Without waiver of the general objections, Applicant admits that its servers received the emails contained in the document identified by bates numbers RF000733-000735 per the date and time stamps reflected therein. Applicant, however, has no knowledge of the identity of the author of this letter and thus cannot admit or deny the authenticity of this document.
- 20) RF000830-000832 – Without waiver of the general objections, Applicant admits that it received the sample circular contained in the document identified by bates numbers RF000830-000832. Applicant, however, has no knowledge of the identity of the author of this circular and thus cannot admit or deny the authenticity of this document.
- 21) RF000867-000868 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF000867-000868.
- 22) RF000898-000901 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000898-000901, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.

- 23) RF000906-000907 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000906-000907, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 24) RF000915-000916 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000915-000916, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 25) RF000924-000930 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000924-000930, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 26) RF000931-000934 Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000931-000934, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 27) RF000935-000937 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000934-000937, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.

- 28) RF000939-000989 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000939-000989, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 29) RF000990-000997 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF000990-000997, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 30) RF001022-001025 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF001022-001025, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 31) RF001051-001053 – Applicant has no knowledge of, or sufficient information about, the identity of the author of the website post contained in the document identified by bates numbers RF001051-001053, and thus cannot admit or deny the authenticity of this document. Applicant further states that it does not have independent knowledge of this website or the post to verify the authenticity but admits that at some point in time, an employee of Real Foods observed the website and identified the referenced posting, causing a printout of such website posting to be created.
- 32) RF001199 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates number RF001199.
- 33) RF001203-001204 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF001203-001204 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 34) RF001208-001209 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF001208-001209 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 35) RF001217-001221 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF001217-001221.
- 36) RF001240-001241 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001240-001241 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 37) RF001250-001251 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001250-001251 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 38) RF001255-001256 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001255-001256 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 39) RF001284-001285 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001284-001285 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 40) RF001294-001295 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001294-001295 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 41) RF001315-001316 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001315-001316 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 42) RF001337-001338 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001337-001338 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 43) RF001349-001351 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001349-001351 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 44) RF001353 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates number RF001353.
- 45) RF001370-001371 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001370-001371 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 46) RF001424-001426 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001424-001426 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 47) RF001454-001455 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001454-001455 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.



- 48) RF001577-001578 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001577-001578 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 49) RF001662 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF001662.
- 50) RF001686-001688 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF001686-001688 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 51) RF001862 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF001862 per the date and time stamps reflected therein. Applicant, however, has no knowledge of the identity of the author of this letter and thus cannot admit or deny the authenticity of this document.
- 52) RF001878-001879 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF001878-1879.
- 53) RF001934 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF001934.
- 54) RF001935-001936 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001935-001936 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 55) RF001944-001949 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001944-001949 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 56) RF001955-001961 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF001955-001961 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 57) RF001975-001981 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF001975-001981 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 58) RF001990-001991 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF001990-001991.
- 59) RF001995-001996 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF001995-001996.
- 60) RF001999-002000 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF001999-002000.
- 61) RF002002-002003 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002002-002003 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 62) RF002004-002005 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002004-002005 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 63) RF002010-002011 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002010-002011 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 64) RF002013-002014 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF002013-002014.
- 65) RF002019-002020 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002019-002020 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 66) RF002022-002023 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF002022-002023.

- 67) RF002028-002029 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF002028-002029.
- 68) RF002040-002041 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002040-002041 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 69) RF002043-002044 – Without waiver of the general objections, Applicant admits the authenticity of the document identified by bates numbers RF002043-002044.
- 70) RF002046-002047 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002046-002047 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 71) RF002048-002049 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002048-002049 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 72) RF002068-002069 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002068-002069 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 73) RF002074-002075 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002074-002075 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 74) RF002095-002096 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002095-002096 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 75) RF002111-002112 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002111-002112 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 76) RF002114-002115 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002114-002115 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 77) RF002117-002118 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002117-002118 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 78) RF002133-002134 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002133-002134 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 79) RF002145-002146 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002145-002146 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 80) RF002153-002154 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002153-002154 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 81) RF002158-002159 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002158-002159 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 82) RF002161-002162 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002161-002162 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 83) RF002166-002167 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002166-002167 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 84) RF002168-002169 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002168-002169 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 85) RF002172-002175 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002172-002175 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 86) RF002187-002188 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002187-002188 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 87) RF002190-002191 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002190-002191 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 88) RF002198-002199 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002198-002199 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 117) RF002381-002382 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002381-002382 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 118) RF002387-002388 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002387-002388 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 119) RF002391-002392 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002391-002392 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 120) RF002395-002396 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002395-002396 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 121) RF002404-002405 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002404-002405 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 122) RF002417-002418 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002417-002418 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 123) RF002419-002422 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002419-002422 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 131) RF002490-002491 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002490-002491 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 132) RF002501-002502 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002501-002502 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 133) RF002504-002505 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002504-002505 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 134) RF002507-002508 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002507-002508 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 135) RF002510-002512 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002510-002512 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 136) RF002514-002515 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002514-002515 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 137) RF002517-002518 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002517-002518 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.



- 145) RF002557-002559 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002557-002559 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 146) RF002561-002562 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002561-002562 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 147) RF002570-002571 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002570-002571 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 148) RF002573-002574 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002573-002574 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 149) RF002578-002580 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002578-002580 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 150) RF002582-002584 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002582-002584 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 151) RF002586-002587 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002586-002587 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 152) RF002589-002591 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002589-002591 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 153) RF002597-002598 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002597-002598 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 154) RF002600-002602 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002600-002602 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 155) RF002604-002605 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002604-002605 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 156) RF002606-002608 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002606-002608 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 157) RF002610-002612 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002610-002612 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 158) RF002613-002615 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002613-002615 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 173) RF002678-002680 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002678-002680 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 174) RF002683-002685 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002683-002685 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 175) RF002688-002690 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002688-002690 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 176) RF002702-002703 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002702-002703 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 177) RF002704-002709 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002704-002709 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 178) RF002711-002713 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002711-002713 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 179) RF002716-002717 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002716-002717 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 187) RF002747-002749 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002747-002749 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 188) RF002760-002761 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002760-002761 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 189) RF002763-002764 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002763-002764 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 190) RF002766-002767 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002766-002767 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 191) RF002780-002781 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002780-002781 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 192) RF002819-002824 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002819-002824 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 193) RF002840-002841 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002840-002841 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 194) RF002884-002890 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002884-002890 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 195) RF002915-002916 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002915-002916 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 196) RF002921-002923 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF002921-002923 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 197) RF003000-003001 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003000-003001 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 198) RF003003-003005 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003003-003005 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 199) RF003110-003111 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003110-003111 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 200) RF003113-003114 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003113-003114 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 229) RF003290-003291 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003290-003291 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 230) RF003294-003295 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003294-003295 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 231) RF003297-003298 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003297-003298 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 232) RF003304-003305 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003304-003305 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 233) RF003312-003314 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003312-003314 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 234) RF003318-003319 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003318-003319 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 235) RF003342 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates number RF003342 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.

- 236) RF003343-003344 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003343-003344 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 237) RF003346-003347 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003346-003347 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 238) RF003356-003357 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003356-003357 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 239) RF003370-003375 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003370-003375 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 240) RF003436-003437 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003436-003437 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 241) RF003500-003501 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003500-003501 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.
- 242) RF003503-003505 – Without waiver of the general objections, Applicant admits that its servers received the email contained in the document identified by bates numbers RF003503-003505 per the date and time stamp reflected therein and that an employee of Applicant transmitted a response as reflected therein. Applicant, however, has no knowledge of the identity of the author of this email and thus cannot admit or deny the authenticity of this document.



## **STATEMENT NO. 2**

The documents attached as Exhibit A are duplicates, within the meaning of Federal Rule of Evidence 1001(c), of the documents identified in Statement No. 1.

## **RESPONSE TO STATEMENT NO. 2**

Without waiver of the General Objection, Applicant admits this statement.

## **STATEMENT NO. 3**

The copies of documents you produced in response to Opposer's Second Set of Requests for Production to Applicant are duplicates within the meaning of Federal Rule of Evidence 1001(c).

## **RESPONSE TO STATEMENT NO. 3**

Without waiver of the General Objection, Applicant admits this statement.

## **STATEMENT NO. 4**

The originals of the copies you produced in response to Opposer's Second Set of Requests for Production to Applicant are authentic under Federal Rule of Evidence 901.

## **RESPONSE TO STATEMENT NO. 4**

Without waiver of the General Objection, Applicant admits the authenticity of that document bates numbered RF004788, which is the only document Applicant is producing concurrently herewith in response to Opposer's Second Set of Requests for Production.

## **STATEMENT NO. 5**

The following documents identified by production numbers assigned by Applicant are records of Applicant's regularly conducted activity under Federal Rule of Evidence 803(6).

- 1) RF000005
- 2) RF000016-000017
- 3) RF000018-000020
- 4) RF000044

230) RF003436-003437

231) RF003500-003501

232) RF003503-003505

**RESPONSE TO STATEMENT NO. 5**

- 1) RF000005 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates number RF000005 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 2) RF000016-000017 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF000016-000017 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 3) RF000018-000020 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF000018-000020 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 4) RF000044 – Without waiver of the general objections, Applicant denies that the customer communication contained within the document identified by bates number RF000044 is a record of Applicant's regularly conducted activity.
- 5) RF000082-000083 – Without waiver of the general objection, Applicant admits this statement.
- 6) RF000228 – Without waiver of the general objections, Applicant denies that the customer communication contained within the document identified by bates number RF000228 is a record of Applicant's regularly conducted activity.
- 7) RF000243 – Without waiver of the general objections, Applicant denies that the customer communication contained within the document identified by bates number RF000243 is a record of Applicant's regularly conducted activity.
- 8) RF000265 – Without waiver of the general objections, Applicant denies that the customer communication contained within the document identified by bates number RF000265 is a record of Applicant's regularly conducted activity.

- 9) RF000282-000360 – Without waiver of the general objections, Applicant denies that the presentation contained within the document identified by bates number RF000282-000360 is a record of Applicant's regularly conducted activity.
- 10) RF000641 – Without waiver of the general objections, Applicant denies that the spreadsheet contained within the document identified by bates number RF000641 is a record of Applicant's regularly conducted activity.
- 11) RF000657 – Without waiver of the general objections, Applicant admits this statement.
- 12) RF000668-000671 – Without waiver of the general objections, Applicant admits this statement.
- 13) RF000675-000676 – Without waiver of the general objections, Applicant admits this statement.
- 14) RF000679-000680 – Without waiver of the general objections, Applicant admits this statement.
- 15) RF000683 – Without waiver of the general objections, Applicant admits this statement.
- 16) RF000684-000685 – Without waiver of the general objections, Applicant admits this statement.
- 17) RF000723-000724 – Without waiver of the general objections, Applicant admits this statement.
- 18) RF000727-000732 – Without waiver of the general objections, Applicant denies that the customer communication contained within the document identified by bates numbers RF000727-RF000732 is a record of Applicant's regularly conducted activity.
- 19) RF000733-000735 – Without waiver of the general objections, Applicant denies that the customer communication contained within the document identified by bates numbers RF000733-000735 is a record of Applicant's regularly conducted activity.
- 20) RF000830-000832 – Without waiver of the general objections, Applicant denies that the sample circular contained within the document identified by bates numbers RF000830-000832 is a record of Applicant's regularly conducted activity.
- 21) RF000867-000868 – Without waiver of the general objections, Applicant admits this statement.
- 22) RF001199 – Without waiver of the general objections, Applicant admits this statement.

- 23) RF001203-001204 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001203-001204 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 24) RF001208-001209 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001208-001209 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 25) RF001217-001221 – Without waiver of the general objections, Applicant admits this statement.
- 26) RF001240-001241 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001240-001241 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 27) RF001250-001251 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001250-001251 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 28) RF001255-001256 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001255-001256 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 29) RF001284-001285 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001284-001285 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 30) RF001294-001295 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001294-001295 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 31) RF001315-001316 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001315-001316 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 32) RF001337-001338 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001337-001338 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 33) RF001349-001351 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001349-001351 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 34) RF001353 – Without waiver of the general objections, Applicant admits this statement.
- 35) RF001370-001371 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001370-001371 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 36) RF001424-001426 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001424-001426 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 37) RF001454-001455 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001454-001455 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 38) RF001577-001578 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001577-001578 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 39) RF001662 – Without waiver of the general objections, Applicant admits this statement.
- 40) RF001686-001688 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001686-001688 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 41) RF001862 – Without waiver of the general objections, Applicant denies that the customer communication contained within the document identified by bates number RF001862 is a record of Applicant's regularly conducted activity.
- 42) RF001878-001879 – Without waiver of the general objections, Applicant admits this statement.
- 43) RF001934 – Without waiver of the general objections, Applicant admits this statement.
- 44) RF001935-001936 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001935-001936 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 45) RF001944-001949 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001944-001949 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 46) RF001955-001961 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001955-001961 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 47) RF001975-001981 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF001975-001981 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 48) RF001990-001991 – Without waiver of the general objections, Applicant admits this statement.
- 49) RF001995-001996 – Without waiver of the general objections, Applicant admits this statement.
- 50) RF001999-002000 – Without waiver of the general objections, Applicant admits this statement.
- 51) RF002002-002003 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002002-002003 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 52) RF002004-002005 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002004-002005 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 53) RF002010-002011 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002010-002011 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 54) RF002013-002014 – Without waiver of the general objections, Applicant admits this statement.



- 55) RF002019-002020 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002019-002020 is a record of Applicant’s regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant’s regularly conducted activity.
- 56) RF002022-002023 – Without waiver of the general objections, Applicant admits this statement.
- 57) RF002028-002029 – Without waiver of the general objections, Applicant admits this statement.
- 58) RF002040-002041 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002040-002041 is a record of Applicant’s regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant’s regularly conducted activity.
- 59) RF002043-002044 – Without waiver of the general objections, Applicant admits this statement.
- 60) RF002046-002047 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002046-002047 is a record of Applicant’s regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant’s regularly conducted activity.
- 61) RF002048-002049 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002048-002049 is a record of Applicant’s regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant’s regularly conducted activity.
- 62) RF002068-002069 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002068-002069 is a record of Applicant’s regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant’s regularly conducted activity.
- 63) RF002074-002075 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002074-002075 is a record of Applicant’s regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant’s regularly conducted activity.

- 64) RF002095-002096 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002095-002096 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity
- 65) RF002111-002112 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002111-002112 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity
- 66) RF002114-002115 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002114-002115 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 67) RF002117-002118 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002117-002118 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 68) RF002133-002134 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002133-002134 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 69) RF002145-002146 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002145-002146 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 70) RF002153-002154 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002153-002154 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 71) RF002158-002159 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002158-002159 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 72) RF002161-002162 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002161-002162 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 73) RF002166-002167 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002166-002167 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 74) RF002168-002169 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002168-002169 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 75) RF002172-002175 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002172-002175 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 76) RF002187-002188 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002187-002188 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 77) RF002190-002191 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002190-002191 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 106) RF002376-002377 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002376-002377 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 107) RF002381-002382 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002381-002382 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 108) RF002387-002388 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002387-002388 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 109) RF002391-002392 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002391-002392 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 110) RF002395-002396 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002395-002396 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 111) RF002404-002405 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002404-002405 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 112) RF002417-002418 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002417-002418 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 120) RF002486-002487 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002486-002487 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 121) RF002490-002491 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002490-002491 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 122) RF002501-002502 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002475-002476 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 123) RF002504-002505 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002475-002476 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 124) RF002507-002508 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002507-002508 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 125) RF002510-002512 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002510-002512 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 126) RF002514-002515 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates numbers RF002514-002515 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 134) RF002548-002549 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002548-002549 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 135) RF002557-002559 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002557-002559 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 136) RF002561-002562 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002561-002562 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 137) RF002570-002571 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002570-002571 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 138) RF002573-002574 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002573-002574 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 139) RF002578-002580 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002578-002580 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 140) RF002582-002584 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002582-002584 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 141) RF002586-002587 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002586-002587 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 142) RF002589-002591 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002589-002591 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 143) RF002597-002598 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002597-002598 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 144) RF002600-002602 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002600-002602 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 145) RF002604-002605 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002604-002605 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 146) RF002606-002608 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002606-002608 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 147) RF002610-002612 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002610-002612 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.



- 162) RF002673-002675 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002673-002675 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 163) RF002678-002680 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002678-002680 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 164) RF002683-002685 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002683-002685 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 165) RF002688-002690 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002688-002690 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 166) RF002702-002703 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002702-002703 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 167) RF002704-002709 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002704-002709 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 168) RF002711-002713 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002711-002713 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 176) RF002739-002740 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002739-002740 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 177) RF002747-002749 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002747-002749 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 178) RF002760-002761 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002760-002761 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 179) RF002763-002764 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002763-002764 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 180) RF002766-002767 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002766-002767 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 181) RF002780-002781 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002780-002781 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 182) RF002819-002824 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002819-002824 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 183) RF002840-002841 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002840-002841 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 184) RF002884-002890 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002884-002890 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 185) RF002915-002916 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002915-002916 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 186) RF002921-002923 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF002921-002923 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 187) RF003000-003001 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003000-003001 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 188) RF003003-003005 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003003-003005 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 189) RF003110-003111 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003110-003111 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 218) RF003287-003288 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003287-003288 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 219) RF003290-003291 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003290-003291 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 220) RF003294-003295 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003294-003295 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 221) RF003297-003298 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003297-003298 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 222) RF003304-003305 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003304-003305 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 223) RF003312-003314 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003312-003314 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 224) RF003318-003319 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003318-003319 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

- 225) RF003342 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003342 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 226) RF003343-003344 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003343-003344 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 227) RF003346-003347 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003346-003347 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 228) RF003356-003357 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003356-003357 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 229) RF003370-003375 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003370-003375 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 230) RF003436-003437 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003436-003437 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.
- 231) RF003500-003501 – Without waiver of the general objections, Applicant admits that the email response transmitted by an employee of Applicant to the customer communication contained in the document identified by bates RF003500-003501 is a record of Applicant's regularly conducted activity. Applicant denies that the customer communication contained in this document is a record of Applicant's regularly conducted activity.

## **RESPONSE TO STATEMENT NO. 6**

- 1) RF001203-001204 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 2) RF001208-001209 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 3) RF001240-001241 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 4) RF001250-001251 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 5) RF001255-001256 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 6) RF001935-001936 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 7) RF001944-001949 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 15) RF002046-002047 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 16) RF002048-002049 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 17) RF002068-002069 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 18) RF002095-002096 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 19) RF002111-002112 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 20) RF002114-002115 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 21) RF002117-002118 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.



- 22) RF002133-002134 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 23) RF002145-002146 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 24) RF002153-002154 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 25) RF002158-002159 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 26) RF002161-002162 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 27) RF002168-002169 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 28) RF002172-002175 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 36) RF002610-002612 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 37) RF002625-002627 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 38) RF002629-002630 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 39) RF002632-002633 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 40) RF002636-002637 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 41) RF002644-002645 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 42) RF002647-002649 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Marbus while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

## **RESPONSE TO STATEMENT NO. 7**

- 1) RF000005 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 2) RF000016-000017 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 3) RF000018-000020 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 4) RF000641 – Applicant denies this statement.
- 5) RF001284-001285 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 6) RF001315-001316 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 7) RF001337-001338 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 8) RF001349-001351 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 9) RF001424-001426 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 10) RF001454-001455 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 11) RF001577-001578 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 12) RF001686-001688 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 13) RF002074-002075 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 14) RF002166-002167 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 15) RF002364-002365 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 16) RF002387-002388 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 17) RF002395-002396 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 18) RF002417-002418 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 19) RF002702-002703 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 20) RF002722 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 21) RF002780-002781 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 22) RF002819-002824 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 23) RF002840-002841 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 24) RF002884-002890 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 25) RF002915-002916 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 26) RF002921-002923 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 27) RF003000-003001 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 28) RF003003-003005 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 29) RF003110-003111 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 30) RF003133-003134 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 31) RF003342 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 32) RF003343-003344 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 33) RF003356-003357 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 34) RF003370-003375 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 35) RF003436-003437 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Anderson while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.



- 95) RF003304-003305
- 96) RF003312-003314
- 97) RF003318-003319

**RESPONSE TO STATEMENT NO. 8**

- 1) RF001294-001295 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 2) RF001370-001371 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 3) RF002206-002207 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 4) RF002209-002210 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 5) RF002220-002221 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 6) RF002223-002224 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 35) RF002490-002491 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 36) RF002501-002502 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 37) RF002504-002505 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 38) RF002507-002508 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 39) RF002510-002512 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 40) RF002514-002515 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 41) RF002517-002518 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 49) RF002557-002559 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 50) RF002561-002562 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 51) RF002570-002571 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 52) RF002573-002574 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 53) RF002578-002580 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 54) RF002582-002584 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 55) RF002586-002587 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 63) RF002622-002623 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 64) RF002704-002709 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 65) RF002711-002713 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 66) RF002716-002717 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 67) RF002719-002720 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 68) RF002723-002724 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 69) RF002726-002727 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

- 91) RF003287-003288 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 92) RF003290-003291 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 93) RF003294-003295 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 94) RF003297-003298– Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 95) RF003304-003305 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 96) RF003312-003314 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.
- 97) RF003318-003319 – Applicant objects on the basis that the phrase “scope of employment” is a legal term that must be defined. Without waiver of the foregoing or General Objections, Applicant denies this statement but admits that the referenced document was sent by Ms. Velkur while engaged as an employee of Applicant and sent as a part of her duties and in the ordinary course of employment.

**STATEMENT NO. 18**

In the survey conducted by Sarah Butler that Applicant disclosed for this proceeding, 1 survey respondent identified CHEEZ DOODLES as a common name and also did not know whether GRAHAM CRACKERS was a brand name or a common name.

**RESPONSE TO STATEMENT NO. 18**

Applies denies this statement as it identifies as “survey respondents” those who are not survey respondents.

**STATEMENT NO. 19**

In the survey conducted by Sarah Butler that Applicant disclosed for this proceeding, 1 survey respondent did not know whether CHEEZ DOODLES was a brand name or a common name and also did not know whether GRAHAM CRACKERS was a brand name or a common name.

**RESPONSE TO STATEMENT NO. 19**

Applies denies this statement as it identifies as “survey respondents” those who are not survey respondents.

Dated: New York, New York  
December 1, 2014

Respectfully submitted,

By: 

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Ami Bhatt

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Attorneys for Applicant, Real Foods, Pty Ltd.

# **EXHIBIT 9**

## **To the Declaration of Paul Madrid**



IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

FRITO-LAY NORTH AMERICA, INC.,

Opposer,

v.

REAL FOODS PTY LTD,

Applicant.

Opposition No. 91212680 (parent)

Opposition No. 91213587

**APPLICANT'S AMENDED RESPONSES AND OBJECTIONS**  
**OPPOSER'S FIRST SET OF REQUESTS FOR ADMISSION TO APPLICANT**

Pursuant to 37 C.F.R. § 2.120 and Rule 36 of the Federal Rules of Civil Procedure, Applicant, Real Foods Pty Ltd. ("Applicant"), responds and objects to Opposer Frito-Lay North America, Inc.'s ("Opposer") First Set of Requests for Admission as follows:

**OBJECTIONS**

Applicant repeats and incorporates by reference its objections to Opposer's First Set of Interrogatories in this proceeding. Applicant responds to Opposer's First Set of Requests for Admission subject to those objections.

**STATEMENTS**

**STATEMENT NO. 1**

The following documents identified by production numbers assigned by Applicant are authentic under Federal Rule of Evidence 901:

- 9) RF000282-000360

**RESPONSE TO STATEMENT NO. 1**

Applicant responds to the Request in Statement No. 1 as set forth below:

- 9) RF000282-000360 – Without waiver of the general objections, Applicant admits that it received the presentation contained in the document identified by bates numbers RF000282-000360 in or near March 2006 and that such presentation, upon information and belief, and given the passage of nearly nine years since its

receipt, is a true and accurate copy of the presentation it did receive. The presentation, however, was created by a third party. Applicant has no knowledge concerning the preparation or creation of the presentation, and thus cannot admit or deny the authenticity of this document.

#### **STATEMENT NO. 5**

The following documents identified by production numbers assigned by Applicant are records of Applicant's regularly conducted activity under Federal Rule of Evidence 803(6):

- 9) RF000282-000360

#### **RESPONSE TO STATEMENT NO. 5**

- 9) RF000282-000360 – Without waiver of the general objections, Applicant denies that the presentation contained within the document identified by bates number RF000282-000360 is a record of Applicant's regularly conducted activity. Document bates numbered RF000282-000360 is a presentation from in or near March 2006 that was created and prepared by a third party, The Leading Edge, that was retained by Applicant for the purpose of providing it with an understanding of the U.S. rice and corn cake and crispbread market in order to maximize its market share through current channels and by moving into new upmarket supermarket channels. Applicant does not regularly engage third parties, much less The Leading Edge, to conduct the activity reflected in that document bates-numbered RF000282-000360.

#### **STATEMENT NO. 10**

Applicant hired The Leading Edge to create the document identified by production numbers RF000282 to RF000360.

#### **RESPONSE TO STATEMENT NO. 10**

Applicant denies that it hired the third-party entity, The Leading Edge, to create the document identified by bates number RF000282-000360 but admits that it hired The Leading Edge provide Applicant with an understanding of the U.S. rice and corn cake and crispbread market in order to maximize its market share through current channels and by moving into new upmarket supermarket channels.

**STATEMENT NO. 11**

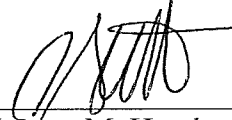
The statements of The Leading Edge contained within the document identified in Statement No. 10 were made within the scope of its relationship with Applicant.

**RESPONSE TO STATEMENT NO. 11**

Applicant reiterates its objection that the phrase “scope of relationship” is not defined but admits that the presentation contained in the document identified by bates number RF000282-000360 was prepared and created by the third-party entity, The Leading Edge, as a result of its retention by Applicant.

Dated: New York, New York  
February 5, 2015

Respectfully submitted,

By: 

Jeanne M. Hamburg  
Ami Bhatt  
Norris McLaughlin & Marcus, P.A.  
875 Third Avenue, 8<sup>th</sup> Floor  
New York, New York 10022  
Tele: (212) 808-0700  
Fax: (212) 808-0844  
Attorneys for Applicant, Real Foods, Pty Ltd.

# **EXHIBIT 10**

## **To the Declaration of Paul Madrid**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

In the Matter of Trademark Application  
Serial No. 79111074 for CORN THINS and  
Serial No. 85820051 for RICE THINS

FRITO-LAY NORTH AMERICA, INC.,	§	
	§	
Opposer,	§	
	§	
v.	§	Opposition No. 91212680 (Parent)
	§	Opposition No. 91213587
REAL FOODS PTY LTD.,	§	
	§	
Applicant.	§	

**OPPOSER'S SECOND SET OF INTERROGATORIES TO APPLICANT**

Pursuant to 37 C.F.R. § 2.120 and Rule 33 of the Federal Rules of Civil Procedure, Opposer Frito-Lay North America, Inc. requests that Applicant Real Foods Pty Ltd ("Applicant") answer the following interrogatories separately and fully in writing under oath.

**DEFINITIONS**

The definitions and instructions forming part of Opposer's First Set of Interrogatories to Applicant are hereby incorporated by reference.

**INTERROGATORIES**

**INTERROGATORY NO. 24**

For each mark that is the subject of this proceeding, state the dollar amount of your annual sales in the United States for each of the previous five years.

**INTERROGATORY NO. 25**

For each mark that is the subject of this proceeding, state by percentage your market share in the United States during each of the previous five years for the following product categories: (1) crispbread slices, (2) popped corn cakes, and (3) rice cakes.

**INTERROGATORY NO. 26**

For each mark that is the subject of this proceeding, state your annual advertising expenditures in the United States for each of the previous five years.

**INTERROGATORY NO. 27**

State the date on which each product or service described in the answer to Interrogatory No. 7 was first sold in the United States.

**INTERROGATORY NO. 28**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, state the basis for your answer to the request for admission.

**INTERROGATORY NO. 29**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, identify the persons with knowledge concerning the subject matter of the request for admission.

**INTERROGATORY NO. 30**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, identify the documents supporting your answer to the request for admission.

**INTERROGATORY NO. 31**

Identify the persons who participated in any way in the preparation of the answers or responses to these interrogatories.

**INTERROGATORY NO. 32**

For each person identified in any of your answers to the interrogatories in this proceeding, provide a residence address at which the person may be served with a subpoena or other process for compelling testimony.

Respectfully submitted,

/Paul Madrid/ Paul Madrid  
William G. Barber  
Paul Madrid  
PIRKEY BARBER PLLC  
600 Congress Avenue, Suite 2120  
Austin, TX 78701  
Telephone: (512) 322-5200  
Facsimile: (512) 322-5201  
bbarber@pirkeybarber.com  
pmadrid@pirkeybarber.com  
ATTORNEYS FOR OPPOSER  
FRITO-LAY NORTH AMERICA, INC.

**CERTIFICATE OF SERVICE**

I hereby certify that a true and correct copy of OPPOSER'S SECOND SET OF INTERROGATORIES TO APPLICANT has been served via First Class Mail at the address below on October 27, 2014:

Bruce S. Londa  
NORRIS, MCLAUGHLIN & MARCUS, P.A.  
875 3rd Avenue, 8th Floor  
New York, NY 10022-6225

/Paul Madrid/  
Paul Madrid



# **EXHIBIT 11**

## **To the Declaration of Paul Madrid**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

FRITO-LAY NORTH AMERICA, INC.,

Opposer,

v.

REAL FOODS PTY LTD,

Applicant.

Opposition No. 91212680 (parent)

Opposition No. 91213587

**APPLICANT'S RESPONSES AND OBJECTIONS TO  
OPPOSER'S SECOND SET OF INTERROGATORIES TO APPLICANT**

Pursuant to TBMP Rule 2.120 and Rule 33 of the Federal Rules of Civil Procedure, Applicant, Real Foods Pty Ltd. ("Applicant"), responds and objects to Opposer's Second Set of Interrogatories, as follows:

**OBJECTIONS**

Applicant repeats and incorporates by reference its objections to Opposer's First Set of Interrogatories in this proceeding. Applicant responds to Opposer's Second Set of Interrogatories subject to those objections.

**RESPONSES AND OBJECTIONS TO INTERROGATORIES**

**INTERROGATORY NO. 24**

For each mark that is the subject of this proceeding, state the dollar amount of your annual sales in the United States for each of the previous five years.

**RESPONSE TO INTERROGATORY NO. 24**

Subject to the General Objections, Applicant has produced documents from which a response to this interrogatory can be derived or ascertained, and refers Opposer to that document bates numbered RF001185.

**INTERROGATORY NO. 25**

For each mark that is the subject of this proceeding, state by percentage your market share in the United States during each of the previous five years for the following product categories: (1) crispbread slices, (2) popped corn cakes, and (3) rice cakes.

**RESPONSE TO INTERROGATORY NO. 25**

Subject to the General Objections, Applicant states that it does not possess information or knowledge sufficient to respond to this interrogatory.

**INTERROGATORY NO. 26**

For each mark that is the subject of this proceeding, state your annual advertising expenditures in the United States for each of the previous five years.

**RESPONSE TO INTERROGATORY NO. 26**

Subject the General Objections, Applicant states that it has produced documents from which a response to this interrogatory can be derived or ascertained, and refers Opposer to that document bates numbered RF004788.

**INTERROGATORY NO. 27**

State the date on which each product or service described in the answer to Interrogatory No. 7 was first sold in the United States.

**RESPONSE TO INTERROGATORY NO. 27**

Applicant objects to this interrogatory as being duplicative of Interrogatory No. 8 and refers Opposer to Applicant's response to that interrogatory.

**INTERROGATORY NO. 28**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, state the basis for your answer to the request for admission.

### **RESPONSE TO INTERROGATORY NO. 28**

Applicant objects to this interrogatory as being unduly burdensome and as duplicative of Opposer's demands as set forth in Opposer's First Set of Requests for Admissions. Subject to these objections and the General Objections, Applicant directs Opposer to its responses to the statements set forth in Opposer's First Set of Requests for Admission.

### **INTERROGATORY NO. 29**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, identify the persons with knowledge concerning the subject matter of the request for admission.

### **RESPONSE TO INTERROGATORY NO. 29**

Applicant objects to this interrogatory as being vague and ambiguous and as seeking information protected by the attorney-client privilege and the work product doctrine. Subject to these objections and the General Objections, to the extent a response was not an unqualified admission, dependent on the application of the law to the facts, counsel assisted in preparation of the answers; in instances where a name of a witness or Real Foods employee is mentioned, that person would have knowledge of the subject matter referred to in the particular Request and response thereto.

### **INTERROGATORY NO. 30**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, identify the documents supporting your answer to the request for admission.

### **RESPONSE TO INTERROGATORY NO. 30**

Applicant objects to this interrogatory as being overbroad and unduly burdensome, and as duplicative of Opposer's demands as set forth in Opposer's First Set of Requests for Admissions. Subject to these objections and the General Objections, Applicant states it has no documents responsive to this interrogatory.

### **INTERROGATORY NO. 31**

Identify the persons who participated in any way in the preparation of the answers or responses to these interrogatories.

**RESPONSE TO INTERROGATORY NO. 31**

Applicant identifies Michael Pels, Managing Director of Applicant.

**INTERROGATORY NO. 32**

For each person identified in any of your answers to the interrogatories in this proceeding, provide a residence address at which the person may be served with a subpoena or other process for compelling testimony.

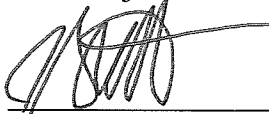
**RESPONSE TO INTERROGATORY NO. 32**

Applicant states that Mr. Pels may be contacted through the undersigned counsel.

Dated: New York, New York  
November 27, 2014

As to Objections:

By:



Jeanne M. Hamburg

Ami Bhatt

Norris McLaughlin & Marcus, P.A.

875 Third Avenue, 8<sup>th</sup> Floor

New York, New York 10022

Tel.: (212) 808-0700

Fax: (212) 808-0844

Attorneys for Applicant, Real Foods, Pty Ltd.

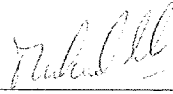
VERIFICATION

I, Michael Pels, under penalty of perjury under the law of the United States, declare that I am an agent of Real Foods Pty Ltd., Applicant in this proceeding, duly authorized to sign this verification on its behalf. I have read the foregoing Applicant's Supplemental Responses And Objections To Opposer's First Set Of Interrogatories and declare that the responses thereto are true to the best of my knowledge, information and belief.

I declare under penalty of perjury that the foregoing is true and correct.

Dated: *November 27, 2014*

REAL FOODS PTY LTD.

A handwritten signature in dark ink, appearing to read 'Michael Pels', is written over a horizontal line.

Name: Michael Pels  
Title: Managing Director

# **EXHIBIT 12**

## **To the Declaration of Paul Madrid**



IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

FRITO-LAY NORTH AMERICA, INC.,

Opposer,

v.

REAL FOODS PTY LTD,

Applicant.

Opposition No. 91212680 (parent)

Opposition No. 91213587

**APPLICANT'S AMENDED RESPONSES AND OBJECTIONS TO  
OPPOSER'S SECOND SET OF INTERROGATORIES TO APPLICANT**

Pursuant to TBMP Rule 2.120 and Rule 33 of the Federal Rules of Civil Procedure, Applicant, Real Foods Pty Ltd. ("Applicant"), responds and objects to Opposer's Second Set of Interrogatories, as follows:

**OBJECTIONS**

Applicant repeats and incorporates by reference its objections to Opposer's First Set of Interrogatories in this proceeding. Applicant responds to Opposer's Second Set of Interrogatories subject to those objections.

**AMENDED RESPONSES AND OBJECTIONS TO INTERROGATORIES**

**INTERROGATORY NO. 28**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, state the basis for your answer to the request for admission.

**RESPONSE TO INTERROGATORY NO. 28**

Applicant objects to this interrogatory as being unduly burdensome. Subject to this objection and the General Objections, Applicant directs Opposer to its responses and amended responses to the statements set forth in Opposer's First Set of Requests for Admission.

### **INTERROGATORY NO. 29**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, identify the persons with knowledge concerning the subject matter of the request for admission.

### **RESPONSE TO INTERROGATORY NO. 29**

As related to Document No. RF000282-360, Applicant identifies Michael Pels as the individual at Real Foods with relevant knowledge. In addition, Applicant identifies Louise Metcalfe and Carolyn Scott as the individuals who, upon information and belief, were previously employed, but are no longer employed, by The Leading Edge with knowledge of the presentation contained in the document bates-numbered RF000282-000360.

### **INTERROGATORY NO. 30**

For each request for admission in Opposer's First Set of Requests for Admission to which you did not answer with an unqualified admission, identify the documents supporting your answer to the request for admission.

### **RESPONSE TO INTERROGATORY NO. 30**

Applicant objects to this interrogatory as being overbroad and unduly burdensome. Subject to these objections and the General Objections, Applicant identifies document bates-numbered RF004799-4812.

### **INTERROGATORY NO. 32**

For each person identified in any of your answers to the interrogatories in this proceeding, provide a residence address at which the person may be served with a subpoena or other process for compelling testimony.

### **RESPONSE TO INTERROGATORY NO. 32**

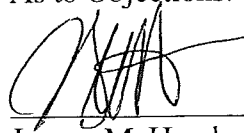
Applicant states that Mr. Pels may be contacted through the undersigned counsel, who will accept service of compulsory testimonial process on behalf of Mr. Pels but again reserves his right to be deposed in Australia under TBMP § 404.03(b); counsel's acceptance of service is not to be construed as a waiver of Mr. Pels' right to do so. In addition, to the best of Applicant's knowledge, and upon information and belief, Ms. Metcalfe and Ms. Scott are no longer with The Leading Edge, and as Applicant has not retained or otherwise used the services of The Leading

Edge since 2007, it does not have current contact information for Ms. Metcalfe, Ms. Scott, or any other individual at The Leading Edge who would have knowledge of the presentation contained in RF000282-360.

Dated: New York, New York  
February 5, 2015

As to Objections:

By:



Jeanne M. Hamburg

Ami Bhatt

Norris McLaughlin & Marcus, P.A.

875 Third Avenue, 8<sup>th</sup> Floor

New York, New York 10022

Tel.: (212) 808-0700

Fax: (212) 808-0844

Attorneys for Applicant, Real Foods, Pty Ltd.

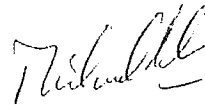
### VERIFICATION

I, Michael Pels, under penalty of perjury under the law of the United States, declare that I am an agent of Real Foods Pty Ltd., Applicant in this proceeding, duly authorized to sign this verification on its behalf. I have read the foregoing Applicant's Amended Responses And ..... Objections To Opposer's Second Set Of Interrogatories and declare that the responses thereto are true to the best of my knowledge, information and belief.

I declare under penalty of perjury that the foregoing is true and correct.

Dated: February 5<sup>TH</sup>, 2015

REAL FOODS PTY LTD.



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Name: Michael Pels  
Title: Managing Director

# **EXHIBIT 13**

## **To the Declaration of Paul Madrid**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

In the Matter of Trademark Application  
Serial No. 79111074 for CORN THINS and  
Serial No. 85820051 for RICE THINS

FRITO-LAY NORTH AMERICA, INC.,	§	
	§	
Opposer,	§	
	§	
v.	§	Opposition No. 91212680 (Parent)
	§	Opposition No. 91213587
REAL FOODS PTY LTD.,	§	
	§	
Applicant.	§	

**OPPOSER’S SECOND SET OF REQUESTS FOR PRODUCTION TO APPLICANT**

Pursuant to Trademark Rule 2.120 and Rule 34 of the Federal Rules of Civil Procedure, Opposer Frito-Lay North America, Inc. (“Opposer”) requests that Applicant Real Foods Pty Ltd (“Applicant”) produce for inspection and copying the following documents and other tangible things within the possession, custody, or control of Applicant.

**DEFINITIONS AND INSTRUCTIONS**

The definitions and instructions forming part of Opposer’s First Set of Interrogatories to Applicant are hereby incorporated by reference.

**Opposer requests that Applicant serve its responses to these requests within the time period specified in the applicable rules of practice (*see* Fed. R. Civ. P. 34 & 37 CFR 2.119(c)), regardless of the time when Opposer requests Applicant to produce documents.**

Opposer further requests that, no later than **December 3, 2014**, Applicant produce duplicates, as defined by Federal Rule of Evidence 1001(c), of the requested documents and things to

Opposer's counsel, **Pirkey Barber PLLC, 600 Congress Avenue, Suite 2120, Austin, Texas 78701.**

Opposer requests that Applicant produce electronically stored information to Opposer's counsel in any of the following formats: (1) printouts; (2) TIFF files with optical character recognition; (3) PDF files with optical character recognition; or (4) the form in which the data is normally maintained provided that the data is stored in an open, non-proprietary file format.

If any document or thing is withheld from production in this opposition on the basis of any privilege or exemption from discovery, Applicant should produce a privilege list that identifies all withheld documents and things. The privilege list should include, at a minimum, the date, addressee, author, title, subject matter, and the specific grounds upon which each withheld document or thing is claimed to be privileged or otherwise not subject to discovery in this case.

## **REQUESTS**

### **REQUEST NO. 41**

To the extent not already produced in this proceeding, produce the documents identified in your response to Opposer's Second Set of Interrogatories to Applicant.

Respectfully submitted,

/Paul Madrid/      Paul Madrid  
William G. Barber  
Paul Madrid  
PIRKEY BARBER PLLC  
600 Congress Avenue, Suite 2120  
Austin, TX 78701  
Telephone: (512) 322-5200  
Facsimile: (512) 322-5201  
bbarber@pirkeybarber.com  
pmadrid@pirkeybarber.com  
ATTORNEYS FOR OPPOSER  
FRITO-LAY NORTH AMERICA, INC.

**CERTIFICATE OF SERVICE**

I hereby certify that a true and correct copy of OPPOSER'S SECOND SET OF REQUESTS FOR PRODUCTION TO APPLICANT has been served via First Class Mail at the address below on October 27, 2014:

Bruce S. Londa  
NORRIS, MCLAUGHLIN & MARCUS, P.A.  
875 3rd Avenue, 8th Floor  
New York, NY 10022-6225

/Paul Madrid/  
\_\_\_\_\_  
Paul Madrid



# **EXHIBIT 14**

## **To the Declaration of Paul Madrid**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

FRITO-LAY NORTH AMERICA, INC.,

Opposer,

v.

REAL FOODS PTY LTD,

Applicant.

Opposition No. 91212680 (parent)

Opposition No. 91213587

**APPLICANT'S RESPONSES TO OPPOSER'S SECOND SET OF REQUESTS FOR  
PRODUCTION OF DOCUMENTS AND THINGS TO APPLICANT**

Pursuant to TBMP Rule 2.120 and Rule 34 of the Federal Rules of Civil Procedure, Applicant, Real Foods Pty Ltd. ("Applicant"), responds and objects to Opposer Frito-Lay's Second Set of Requests for Production of Documents and Things as follows:

**GENERAL OBJECTIONS**

Applicant repeats and incorporates by reference its objections to Opposer's First Set of Requests for Production in this proceeding. Applicant responds to Opposer's Second Set of Requests subject to those objections.

**RESPONSES AND OBJECTIONS TO REQUESTS**

**REQUEST NO. 41**

To the extent not already produced in this proceeding, produce the documents identified in your response to Opposer's Second Set of Interrogatories to Applicant.

**RESPONSE TO REQUEST NO. 41**

Subject to the General Objections, Applicant has produced a relevant, non-privileged document responsive to this request bearing bates number RF004788.

Dated: New York, New York  
December 1, 2014

Respectfully submitted,

By:



Jeanne M. Hamburg

Ami Bhatt

Norris McLaughlin & Marcus, P.A.

875 Third Avenue, 8<sup>th</sup> Floor

New York, New York 10022

Tel.: (212) 808-0700

Fax: (212) 808-0844

Attorneys for Applicant, Real Foods, Pty Ltd.

# **EXHIBIT 15**

## **To the Declaration of Paul Madrid**

**REDACTED**

**Pursuant to Protective Order**

**RF004788**

### **DECLARATION OF JEANETTE ZIMMER**

1. My name is Jeanette Zimmer. The statements in this declaration are based on my personal knowledge, and I am competent to testify on the matters stated herein.

2. I am Assistant Secretary of Frito-Lay North America, Inc. ("Frito-Lay"), a wholly-owned subsidiary of PepsiCo, Inc., and have held this position since January of 2008. I also serve as PepsiCo, Inc.'s Senior Trademark Counsel for our North American food businesses that include Frito-Lay, The Quaker Oats Company, among others.

3. My responsibilities require me to be familiar with Frito-Lay's business and products, historical and current, and also require me to be familiar with the brands and business of other PepsiCo.-owned companies. As a result of these responsibilities, I have become generally knowledgeable of the business, products, and competitors of Frito-Lay and its affiliated companies.

4. Frito-Lay has been engaged in the manufacture and sale of snack foods, including crackers, crisps, and crispbreads, for over fifty years. It is the largest manufacturer of snack foods in the United States. Frito-Lay's snack foods are marketed and sold in tremendous quantities throughout the United States, including virtually every supermarket and numerous convenience stores, vending machines, mass merchandise stores, schools, and other outlets.

5. Frito-Lay currently makes or previously has made and sold a wide variety of crackers, crisp breads, and cracker-like snacks, such as STACY'S Pita Crisps, ROLD GOLD Pretzel Thins, STACY'S Pretzel Thins, TWISTOS Baked Snack Bites, MUNCHIES Sandwich Crackers, LAY'S Cracker Crisps, STACY'S Soy Thin Crisps, TOSTITOS Cinnamon Flavored Thins.

6. In association with its products, Frito-Lay and its affiliated companies have long used the generic term "corn" to indicate the presence of that ingredient in its products. Frito-

Lay's famous brands FRITOS, DORITOS, CHEETOS and TOSTITOS use corn as a primary ingredient and indicate so on its packaging. Exhibit A consists of some examples of product packaging that Frito-Lay or one of its affiliated companies uses of snack foods in which corn is an ingredient and which use "corn" to name the ingredient contained in the product.

7. In association with its products, Frito-Lay and its affiliated companies have long used the generic term "rice" to indicate the presence of that ingredient in its products. Exhibit B consists of several examples of product packaging that Frito-Lay or one of its affiliated companies uses of foods in which rice is an ingredient and which use "rice" to name the ingredient contained in the product.

8. In association with its products, Frito-Lay has used the term "Thin" to describe the thin shape of several of its snack food products. Examples include STACY'S Soy Thin Crisps, FRITOS CRISP 'N THIN Corn Chips, TOSTITOS CANTINA Thin & Crispy Tortilla Chips, ROLD GOLD Thin Twists Pretzels, and JUPITER Thin Butter Pretzels. Exhibit C to this declaration contains examples of product packaging where Frito-Lay or an affiliate used "Thin" for a thin shaped snack food product.

9. Frito-Lay is not the only snack food manufacturer that uses "Thin" to describe a thin shape snack food as several other industry brands have similar usage. Exhibit D consists of the results of a search that I conducted of the Global New Products database maintained by Mintel Group Ltd. of snack food products in the United States using "Thin" in the product name. The Global New Products database is known in the snack food industry as a reliable source for historical product usage information.

10. In association with its products, Frito-Lay has also used the term "Thins" as a generic descriptor for various products. ROLD GOLD Thins Pretzels are a prominent example,

wherein “Thins” is used to denote that these pretzels are thinner versions of the usual ROLD GOLD pretzels. Another example is TEM-TEE Pretzel Thins. Examples of these uses are attached as Exhibit E.

11. Frito-Lay has also used the term “Thins” as a generic descriptor for crackers. Current examples include ROLD GOLD Pretzel Thins and STACY’S Pretzel Thins. Frito-Lay also used “Thins” with its TOSTITOS Cinnamon Thins, a cinnamon-flavored cracker and TOSTITOS Tex-Mex Thins. Exhibit F consists of examples of Frito-Lay or Frito-Lay affiliated product packaging in which “Thins” names a cracker or cracker-like product.

12. Frito-Lay is not the only cracker manufacturer that refers to crackers as “Thins.” Prominent examples of competing’s cracker products are the following:

- a. SESMARK Rice Thins, Sesame Thins, and Brown Rice Thins;
- b. NABISCO Rice Thins and Vegetable Thins;
- c. KEEBLER TOWN HOUSE Pretzel Thins;
- d. NONNI’S THIN ADDICTIVES Almond Thins;
- e. GRATIFY Sea Salt Thins;
- f. BLUE DIAMOND Artisan Nut Thins;
- g. WORLD TABLE Rice Thins;
- h. PEPPERIDGE FARM BAKED NATURALS Pretzel Thins; and
- i. RITZ MUNCHABLES Pretzel Thins.

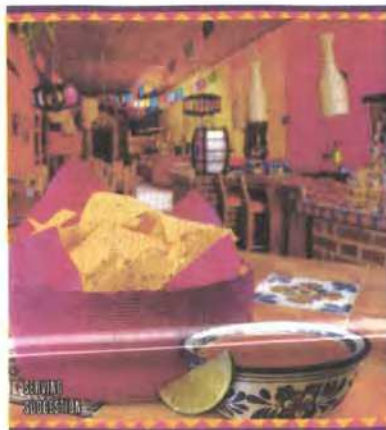
Exhibit G is consists of the results of a search that I conducted of the Global New Products database maintained by Mintel Group Ltd. of food products in the United States using “Thins” in the product name.



I declare under penalty of perjury that the foregoing is true and correct. Executed in  
Plano, Texas, on March 12, 2015.

  
Jeanette Zimmer

# EXHIBIT A



### AN AUTHENTIC CANTINA EXPERIENCE

Turn every day into a fiesta! Enjoy the great taste of Mexican restaurants at home - Good Times Guaranteed\*

#### OVEN

Place approximately 4 oz of chips (50 chips) onto a baking sheet and warm for 5 minutes at 200 degrees Fahrenheit.

#### MICROWAVE

Place approximately 4 oz of chips (50 chips) into a microwave safe bowl and microwave for 10 seconds. Repeat at 10 second intervals until desired temperature is achieved (depending on microwave).

\*CAUTION: Containers and contents will be hot. Use only place chip bag in oven for microwave.



**PERFECT WITH  
TOSTITOS' SALSA!**

Find us on:  
[facebook.com/tostitos](https://www.facebook.com/tostitos)

Limited Edition



# Tostitos

STONE-GROUND  
WHITE CORN

## EXTRA THIN

SERVE  
WARM

For an Authentic Cantina  
Experience at Home

Discontinued Fresh  
and pressed oils



### Nutrition Facts

Serving Size 1 oz (28g/About 15 chips)  
Servings Per Container 11

Amount Per Serving	Calories 150	Calories from Fat 70
		% Daily Value*
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 1g		5%
Trans Fat 0g		
Polysaturated Fat 3g		
Monounsaturated Fat 2.5g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 110mg		<b>5%</b>
<b>Total Carbohydrate</b> 16g		<b>6%</b>
Dietary Fiber 2g		7%
Sugars 0g		
<b>Protein</b> 2g		

Vitamin A 0% • Vitamin C 0%  
Calcium 2% • Iron 0%

\*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	8g	8g
Sat Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	30g	37g	37g
Dietary Fiber	2g	2g	2g

Calories per gram: Carbohydrate 4, Protein 4, Fat 9

**INGREDIENTS:** Whole White Corn, Vegetable Oil (Corn, Soybean, Canola and/or Sunflower Oil), and Salt.

No Preservatives.

FRITO-LAY, INC.  
PLANO, TX 75024-4099  
©2010 FRITO-LAY, NORTH AMERICA, INC.  
GLUTEN FREE

Visit our website @ [fritolay.com](http://fritolay.com)



1007 145247 1AP 30030454

OPP-000017











YOU COULD **WIN** WEEKLY PRIZES ALL SEASON



[SEE BACK FOR DETAILS]

# Tostitos

*Cantina*  
**THIN & CRISPY**



BRING THE FIESTA HOME.

TORTILLA CHIPS





**Tostitos**  
Cantina

OR  
HEATING UP  
THE PARTY

WANT TO HEAT THINGS UP?  
JUST ADD  
OUR CHIPOTLE  
RESTAURANT STYLE  
SALSA.

READY TO GET EVEN HOTTER?  
HEAT YOUR CHIPS IN THE OVEN  
OR MICROWAVE FOR A  
FRESH, HOT FIESTA.

**OVEN**  
Spread chips on a baking sheet and warm  
at 200 degrees for 5 minutes.

**MICROWAVE**  
Fill a microwave safe bowl and heat your  
chips 30 seconds at a time at full power.

CANTITOS Cantinitas and Cantitos with Salsa both  
DO NOT PLACE CHIPPING IN OVEN OR MICROWAVE.

Party with us on  
facebook.com/tostitos



TORTILLA CHIPS

NET WT. 9 OZ. (255.1 g)

NEW!

**Tostitos**

Cantina  
THIN & CRISPY



guaranteed fresh  
until printed date



**Nutrition Facts**

Serving Size 1 oz (28g/About 15 chips)  
Servings Per Container 9

Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
<b>% Daily Values*</b>	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 2g	7%
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

\* Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,000
Total Fat	Less than 65g	65g
Sat Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Corn, Vegetable Oil (Corn, Canola and/or  
Safflower Oil), and Salt.  
No Preservatives.

Where we live!  
FRITO-LAY, INC.  
P.O. BOX 170004-4000  
© 2012 FRITO-LAY  
NORTH AMERICA, INC.

Visit our website @ [fritolay.com](http://fritolay.com)



TOST 223547E LAF 20120303

- ✓ NO ARTIFICIAL FLAVORS
- ✓ NO PRESERVATIVES
- ✓ NO MSG
- ✓ 0g TRANS FAT



GLUTEN FREE



OPP - 000019

100% WHITE CORN

**Doritos**  
®

*Tortilla  
Thins*

ORIGINAL

**Doritos**  
®  
BRAND

GUARANTEED FRESH  
• UNTIL PRINTED DATE •

Frito-Lay guarantees, until date shown on the front of the package, fresh product when this package is first opened or the purchase price plus postage, if any, will be refunded.

If you have questions, comments or are not satisfied, call toll-free 1-800-352-4477 weekdays 9 to 4:30 Central Time with product name, size, and the date, price and numbers found below the price from the front of this package.

If writing, please clip from the front of this package the date, price and numbers found below the price and send with product name, size and reason for dissatisfaction to: Guaranteed Fresh, P.O. Box 35196, Dept. 304, Dallas, TX 75235-0096.

Now America's favorite snack brand brings you the next generation in snacking.

New DORITOS® Brand Tortilla Thins.

With a surprisingly thin, light texture and the delicious taste of 100% stone-ground white corn.

It's the snack for today's tastes.

With the great flavor you expect from DORITOS® Brand Tortilla Chips.

You'll want to eat them anywhere, anytime.

Also try Salsa 'N Cheese flavor DORITOS® Brand Tortilla Thins.

*Tortilla  
Thins*

ORIGINAL

GUARANTEED FRESH  
• UNTIL PRINTED DATE •

#### Nutrition Facts

Serving Size: 1 oz. (28g) (about 1/2 cup)  
Amount Per Serving

Calories 140

% Daily Value\*

Total Fat 7g

Saturated Fat 1g

Cholesterol 0mg

Sodium 100mg

Total Carbohydrate 14g

Dietary Fiber 1g

Sugars 0g

Protein 2g

Vitamin A 0%

Calcium 4%

Vitamin C 0%

Iron 0%

\*Percent Daily Values are based on a diet of other people's secrets.

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†Percent Daily Values are based on a diet of other people's secrets.

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DALLAS, TX 75235-5224  
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DORI-N-4010F  
© 1992 Frito-Lay, Inc.

OPP-000021

NET WT. 15 OZ. (425.2g)



**NEW!**

100% WHITE CORN

**Doritos®**  
BRAND



**GUARANTEED FRESH**  
• UNTIL PRINTED DATE •

Frito-Lay guarantees, until date shown on the front of the package, fresh product when this package is first opened or the purchase price plus postage, if any, will be refunded. If you have questions, comments or are not satisfied, call toll-free 1-800-352-4477 weekdays 9 to 4:30 Central Time with product name, size, and the date, price and number found below the price from the front of this package. If writing, please clip from the front of this package the date, price and number found below the price and send with product name, size and reason for dissatisfaction to: Guaranteed Fresh, P.O. Box 35186, Dept. 263, Dallas, TX 75235-0086.

**NUTRITION INFORMATION**  
(Per Serving)

Serving Size 1 Ounce	
Number of Servings 5 1/2:	
Calories .....	150
Protein .....	2g
Carbohydrate .....	17g
Fat .....	7g
Cholesterol .....	0mg
Sodium .....	100mg
Potassium .....	75mg

(Percentage of U.S. Recommended Daily Allowance (U.S. RDA))	
Protein .....	2%
Vitamin A .....	0%
Vitamin C .....	0%
Thiamine .....	2%
Riboflavin .....	2%
Niacin .....	0%
Calcium .....	4%
Iron .....	0%

\* Information on fat and/or cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and/or cholesterol.

\* Contains less than 2% U.S. RDA for this nutrient.

**Ingredients:** White Corn, Vegetable Oil (Contains one or more of the following: Canola, Corn, or Partially Hydrogenated (Cando or Soybean) Oil), Salt, Buttermilk, Tomato, Cheese (Romano From Cow's Milk, Cheddar and Parmesan) Made From (Milk, Cheese Culture, Salt, Calcium Chloride, and Enzymes), Whey, Monosodium Glutamate, Sugar, Maleic Acid, Spices, Disodium Phosphate, Natural and Artificial Flavors, Artificial Colors (Including Yellow #6 and Red #40), and Lactic Acid.

No Preservatives.

Frito-Lay, Inc.  
DALLAS, TX 75235-0224  
© Frito-Lay, Inc. 1992



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DORIT-2044C  
#2 7449 X DRT-8  
1600



FLAVOR

NET WT. 5½ OZ. (155.9g)

**GUARANTEED FRESH**  
• UNTIL PRINTED DATE •

Now America's favorite snack brand brings you the next generation in snacking.

New DORITOS® Brand Tortilla Thins.

With a surprisingly thin, light texture and the delicious taste of 100% stone-ground white corn.

It's the snack for today's tastes.

Lightly seasoned with the flavor of zesty salsa and smooth cheeses, it's got the great taste you expect from DORITOS® Brand Tortilla Chips.

You'll want to eat them anywhere, anytime.

Also try Lightly Salted DORITOS® Brand Tortilla Thins.



OPP - 000022

Ingredients: Corn, Vegetable Oil  
(Contains one or more of the  
following: Corn or Partially  
Hydrogenated (Sunflower or Soy-  
bean) Oil, and Salt.

No Preservatives.

FRITO-LAY, INC.  
DALLAS, TX 75235-5224  
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**GUARANTEED FRESH**

Frito-Lay guarantees fresh product  
until date shown on the front of the  
package, or if no date is shown,  
when this package is first opened,  
or the purchase price will be  
refunded.

If you have questions, comments  
or are not satisfied, call toll-free 1-  
800-352-4477 weekdays 9 to 4:30  
Central Time with the product  
name, size and code numbers  
from the front of the package.



0 28400 09004 9



1-54C

6968

SSFR-N-4091A

# Fritos®

BRAND

GUARANTEED FRESH  
• SEE BACK PANEL •

## Crisp'N Thin®

CORN CHIPS

NET WT. 1 1/4 OZ. (35.4g)



### Nutrition Facts

Serving Size 1 package  
Servings Per Container 1

#### Amount Per Serving

**Calories 200** Calories from Fat 110

% Daily Value\*

**Total Fat** 13g **20%**

Saturated Fat 2.5g **12%**

**Cholesterol** 0mg **0%**

**Sodium** 250mg **10%**

**Total Carbohydrate** 19g **6%**

Dietary Fiber 1g **5%**

Sugars 0g

**Protein** 2g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 0%

\* Percent Daily Values are based on a 2,000  
calorie diet. Your daily values may be higher  
or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

OPP - 000026



# **NUTRITION INFORMATION** (Per Serving)

Serving Size 1 ounce	
Number of Servings 8	
Calories .....	160
Protein .....	1 g
Carbohydrate .....	16 g
Fat .....	10 g
Cholesterol.....(0 mg/100 g).....	0 mg
Sodium .....	210 mg
Potassium .....	50 mg

Percentage of U.S. Recommended Daily Allowances (U.S. RDA)

Protein .....	2
Vitamin A .....	*
Vitamin C .....	*
Thiamine .....	*
Riboflavin .....	*
Niacin .....	*
Calcium .....	2
Iron .....	*
Phosphorus .....	4
Magnesium .....	4

\*Information on fat and/or cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and/or cholesterol.

\*Contains less than 2% U.S. RDA for this nutrient.

**GUARANTEED FRESH**  
AFOR 7 DAYS AFTER DATE

Frito-Lay guarantees, until 7 days after the date shown on the front of the package, fresh product when the package is first opened or the purchase price plus postage, if any, will be refunded.

If for any reason you have any questions, comments or are not satisfied, call toll-free 1-800-FLCHIPS weekdays 9 to 4:30 Central Time with date/price mark, brand and size.

If writing, please send date/price mark and reason for dissatisfaction to Guaranteed Fresh, P.O. Box 35025, Dept. 30, Dallas, Texas 75235-0025.

**Ingredients:** Corn, Vegetable Oil (Contains one or more of the following: Corn Oil, Sunflower Oil, Soybean Oil, Partially Hydrogenated Sunflower Oil and/or Peanut Oil), and Salt.



FRITO-LAY, INC.  
DALLAS, TEXAS 75235-5224  
Plants from Coast to Coast



The Original Corn Chip



Crisp 'N Thin<sup>®</sup>  
Corn Chips

**GUARANTEED FRESH**  
AFOR 7 DAYS AFTER DATE

No Preservatives

NET WT. 8OZ. (226.8g)



©FRITO-LAY, INC. 1985



ANOTHER VERSION OF THE ORIGINAL CORN CHIP

When you and your family enjoy FRITOS<sup>®</sup> brand CRISP 'N THIN<sup>®</sup> Corn Chips, you get the same great FRITOS<sup>®</sup> brand corn chip taste in a lighter, crispier chip.



ENJOY ALL THE DIFFERENT FRITOS<sup>®</sup> BRAND CORN CHIPS



EAT RIGHT AND ADD FUN TO YOUR DIET

FRITOS<sup>®</sup> brand CRISP 'N THIN<sup>®</sup> brand Corn Chips add fun and variety to a well-balanced diet. While our products are not a basic source of nutrients, they can be enjoyed as part of a healthy regimen. For example, a one-ounce serving of FRITOS<sup>®</sup> brand CRISP 'N THIN<sup>®</sup> Corn Chips contains:

- Eight widely recognized nutrients
- No preservatives
- No cholesterol
- Only vegetable oils
- About 1/10 teaspoon of salt, or less sodium than you'll find in two slices of bread
- Only 160 calories
- The amount of fat in one ounce of FRITOS<sup>®</sup> brand CRISP 'N THIN<sup>®</sup> Corn Chips is less than the fat contained in a one-ounce serving of cream cheese.

For more detailed information, please look closely at our nutritional label. It tells you what you want to know about fun things to eat from Frito-Lay.

FRIT-8023D 1-11-8  
2282

OPP-000027



# NUTRITION INFORMATION (Per Serving)

Serving Size 1 ounce  
Number of Servings 12 1/2

Calories	160
Protein	1 g
Carbohydrate	16 g
Fat	10 g
Cholesterol*	0 mg/100 g
Sodium	210 mg
Potassium	50 mg

Percentage of U.S. Recommended  
Daily Allowances (U.S. RDA)

Protein	2
Vitamin A	*
Vitamin C	*
Thiamine	*
Riboflavin	*
Niacin	*
Calcium	2
Iron	*
Phosphorus	4
Magnesium	4

\*Information on fat and/or cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and/or cholesterol.

\*Contains less than 2% U.S. RDA for this nutrient.

**GUARANTEED FRESH**  
\*FOR 7 DAYS AFTER DATE\*

Frito-Lay guarantees, until 7 days after the date shown on the front of the package, fresh product when the package is first opened or the purchase price plus postage, if any, will be refunded.

If for any reason you have any questions, comments or are not satisfied, call toll-free 1-800-FRCHIPS weekdays 9 to 4:30 Central Time with date, price mark, brand and size.

If writing, please send date/price mark and reason for dissatisfaction to: Guaranteed Fresh, P.O. Box 35025, Dept. 97, Dallas, Texas 75235-0625.

Ingredients: Corn, Vegetable Oil (Contains one or more of the following: Corn Oil, Sunflower Oil, Soybean Oil, Partially Hydrogenated Sunflower Oil and/or Peanut Oil), and Salt.



FRITO-LAY, INC.  
DALLAS, TEXAS 75235-5224

Plants from Coast to Coast



DON'T BE A LITTERBUG —  
KEEP AMERICA BEAUTIFUL!



The Original Corn Chip



Crisp 'N Thin<sup>™</sup>  
Corn Chips

No Preservatives

**GUARANTEED FRESH**  
\*FOR 7 DAYS AFTER DATE\*

NET WT. 12 1/2 OZ. (354.3g)



© FRITO-LAY, INC., 1985



Crisp 'N Thin<sup>™</sup>  
Corn Chips

ANOTHER VERSION OF THE  
ORIGINAL CORN CHIP

When you and your family enjoy FRITOS<sup>®</sup> brand CRISP 'N THIN<sup>™</sup> Corn Chips, you get great corn taste in a crispier corn chip. FRITOS<sup>®</sup> CRISP 'N THIN<sup>™</sup> Corn Chips are made from kernels of whole grain corn... stone ground to give you our distinctive munch.



ONLY 160 CALORIES IN A  
ONE OUNCE SERVING

That's a surprisingly low figure to a lot of people. So even if you eat more than one ounce, you'll get fewer calories than you thought. FRITOS<sup>®</sup> CRISP 'N THIN<sup>™</sup> Corn Chips also contain less sodium than a lot of foods you'd never think of. Like a 1/2 cup of cottage cheese or a 6-ounce glass of tomato juice. Our chips taste salty because the salt is on the outside.

NO CHOLESTEROL  
NO PRESERVATIVES

FRITOS<sup>®</sup> CRISP 'N THIN<sup>™</sup> Corn Chips contain no cholesterol. They're fried only in vegetable oils that contain no cholesterol. And we don't need preservatives either.

FRESHNESS GUARANTEED

FRITOS<sup>®</sup> CRISP 'N THIN<sup>™</sup> Corn Chips are made and packaged all across the country, and delivered regularly to guarantee freshness or your money back. Each day thousands of Frito-Lay salespeople across the U.S. are on the job delivering fresh, quality snacks to your favorite store.

GOOD THINGS TO KNOW  
ABOUT THINGS TO EAT

No one said we had to have nutrition labeling. But we thought you'd like to know. For more information about nutrition and our snack foods, write for our free brochure.

FRIT-8017E 1-78  
2249

OPP-000028



GUARANTEED FRESH  
• UNTIL PRINTED DATE •

Frito-Lay guarantees, until date shown on the front of the package, fresh product when this package is first opened or the purchase price plus postage, if any, will be refunded.

If you have questions, comments or are not satisfied, call toll-free 1-800-352-4477 weekdays 9 to 4:30 Central Time with product name, size, and the date, price and numbers found below the price from the front of this package.

If writing, please clip from the front of this package the date, price and numbers found below the price and send with product name, size and reason for dissatisfaction to: Guaranteed Fresh, P.O. Box 35025, Dept. 196, Dallas, TX 75235-0025.

#### NUTRITION INFORMATION (Per Serving)

Serving Size 1 Ounce  
Number of Servings 11 1/2  
Calories ..... 160  
Protein ..... 1 g  
Carbohydrate ..... 16 g  
Fat ..... 10 g  
Cholesterol† ..... 0 mg (0 mg/100 g)  
Sodium ..... 220 mg  
Potassium ..... 50 mg

Percentage of U.S. Recommended Daily Allowances (U.S. RDA)

Protein ..... \*  
Vitamin A ..... \*  
Vitamin C ..... \*  
Thiamine ..... \*  
Riboflavin ..... \*  
Niacin ..... \*  
Calcium ..... 2  
Iron ..... \*  
Phosphorus ..... 4  
Magnesium ..... 4

†Information on fat and/or cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of fat and/or cholesterol.

\*Contains less than 2% U.S. RDA for this nutrient.

Ingredients: Corn, Vegetable Oil (Contains one or more of the following: Corn or Partially Hydrogenated [Sunflower or Soybean] Oil), and Salt.

No Preservatives.

FRITO-LAY, INC.  
DALLAS, TX 75235-5224  
© Recot, Inc., 1990

FRIT-0196AB

2236

100 100



# Fritos

BRAND

Fritos  
CORN CHIPS

Crisp'N Thin  
CORN CHIPS

NET WT. 11 1/2 OZ. (326g)



MUNCHA BUNCHA™  
FRITOS® brand  
Corn Chips  
RIGHT NOW!

EAT RIGHT AND ADD  
FUN TO YOUR DIET

FRITOS® brand CRISP 'N THIN® brand Corn Chips add fun and variety to a well-balanced diet. While our products are not meant to be a basic source of nutrients, they can be enjoyed as part of a healthy diet. For example, a one-ounce serving contains:

- Eight widely recognized nutrients
- Only vegetable oils
- About 1/8 teaspoon of salt
- Only 160 calories

For more detailed information, please look closely at our nutrition label. It tells you what you want to know about fun things to eat from Frito-Lay.



0 28400 01867 8

OPP-000029



# NUTRITIONAL INFORMATION (per 1 ounce)

Serving Size 1 ounce	
Number of Servings	
Calories	160
Protein	2 grams
Carbohydrate	16 grams
Fat	10 grams
Cholesterol† (0 mg/100 g)	0 milligrams
Sodium	210 milligrams
Potassium	50 milligrams

Percentage of U.S. Recommended Daily Allowances (U.S. RDA)

Protein	2
Vitamin A	*
Vitamin C	*
Thiamine	*
Riboflavin	2
Niacin	*
Calcium	2
Iron	*
Vitamin B <sub>6</sub>	*
Phosphorus	4
Magnesium	4

\*Information on cholesterol content is provided for individuals who, on the advice of a physician, are modifying their total dietary intake of cholesterol.

\*Contains less than 2% U.S. RDA for this nutrient.

Ingredients: Corn, Vegetable Oil (Contains one or more of the following: Corn Oil, Soybean Oil, Peanut Oil, Sunflower Oil, Partially Hydrogenated Soybean Oil, or Partially Hydrogenated Sunflower Oil), and Salt.

**GUARANTEED FRESH**  
FOR 7 DAYS AFTER DATE

Frito-Lay guarantees, until 7 days after the date shown on the front of the package, fresh product when the package is first opened or the purchase price plus postage, if any, will be refunded.

If for any reason you have any questions, comments or are not satisfied, call toll-free 1-800-FLCHIPS weekdays 9 to 4:30 Central Time with date/price mark, brand and size.

If writing, please send date/price mark and reason for dissatisfaction to Guaranteed Fresh, P.O. Box 35025, Dept. 31, Dallas, Texas 75235-0034.



FRITO-LAY, INC.  
DALLAS, TEXAS 75235-5224  
Plants from Coast to Coast

Don't be a Litterbug—  
Keep America Beautiful!



NET WT. 11 OZ. (311.8g)



© FRITO-LAY, INC., 1985



## Crisp 'N Thin™ Corn Chips

ANOTHER VERSION OF THE  
ORIGINAL CORN CHIP

When you and your family enjoy FRITOS® Brand Crisp 'N Thin™ Corn Chips, you get great corn taste in a crispier corn chip. FRITOS® Crisp 'N Thin™ Corn Chips are made from kernels of whole grain corn ... stone ground to give you our distinctive munch.



ONLY 160 CALORIES IN A  
ONE OUNCE SERVING

That's a surprisingly low figure to a lot of people. So even if you eat more than one ounce, you'll get fewer calories than you thought. FRITOS® Crisp 'N Thin™ Corn Chips also contain less sodium than a lot of foods you'd never think of. Like a ½ cup of cottage cheese or a 6-ounce glass of tomato juice. Our chips taste salty because the salt is on the outside.

### NO CHOLESTEROL—NO PRESERVATIVES

FRITOS® Crisp 'N Thin™ Corn Chips contain no cholesterol. They're fried only in vegetable oils that contain no cholesterol and are high in unsaturates. And we don't need preservatives either. We use special packaging to keep these chips fresh.

### FRESHNESS GUARANTEED

FRITOS® Crisp 'N Thin™ Corn Chips are made and packaged all across the country, and delivered regularly to guarantee freshness or your money back. Each day thousands of Frito-Lay salespeople across the U.S. are on the job delivering fresh, quality snacks to your favorite store.

### GOOD THINGS TO KNOW ABOUT GOOD THINGS TO EAT

No one said we had to have nutrition labeling. But we thought you'd like to know. For more information about nutrition and our snack foods, write for our free brochure.

FRIT-6119H 1-88  
2212

OPP-000030





100% Natural  
Low Fat

# Honey BUMPER<sup>TM</sup>

Crunchy Corn Cereal

Made with Real Natural Honey

UD

NET WT 10 OZ (283 g)

ENLARGED TO SHOW DETAIL



**mother's®**  
someone to trust since 1895

**all  
natural**

**graham**

**Bumpers®**

**crunchy corn cereal**



**all natural graham flavor!**

UD

**NET WT 10.5 OZ (297 g)**

ENLARGED TO SHOW DETAIL

**OPP-000179**



**mother's®**  
someone to trust since 1895

all  
natural

**graham**

**Bumpers®**

crunchy corn cereal



UD

all natural **graham** flavor!

NET WT 10.5 OZ (297 g)

APPENDIX 3192

ENLARGED TO SHOW DETAIL

OPP-000180



**mother's®**  
someone to trust since 1895

**graham**

**no**  
artificial  
flavors

# Bumpers®

**crunchy corn  
cereal**



ENLARGED TO  
SHOW DETAIL

sweetened with  
**molasses,  
sugar & honey**

UD  
Per 3/4 cup

<b>110</b> CALORIES	<b>0g</b> SAT FAT 0% DV	<b>210mg</b> SODIUM 9% DV	<b>12g</b> SUGARS
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NET WT 9.6 OZ (272 g)





mother's  
someone to trust since 1895

graham  
**Bumpers**  
crunchy corn cereal

mother's  
someone to trust since 1895

no  
artificial  
flavors

graham

**Bumpers**

crunchy corn  
cereal

Sweetened with  
molasses,  
sugar & honey

At Mother's  
our rich heritage  
is a source  
of great pride.  
For over a  
century we've been  
offering the very best  
for families  
just like yours.  
When you share the  
wholesome fun of  
Bumper's crunchy  
corn cereal, your kids  
are reminded of  
mother's love &  
devotion with  
every bite.



Make Bumpers  
cereal's part  
of your kid's  
healthy lifestyle!

sweetened with  
molasses,  
sugar & honey

Per 3/4 cup

110 CALORIES	0g SAT FAT 0% DV	210mg SODIUM 9% DV	12g SUGARS
-----------------	------------------------	--------------------------	---------------

NET WT 9.6 OZ (272 g)



mother's<sup>®</sup>  
someone to trust since 1895

all  
natural

cocoa

Bumpers<sup>®</sup>

crunchy corn cereal



made with real cocoa!

UD

NET WT 10.6 OZ (300 g)

ENLARGED TO SHOW DETAIL



**new  
look**  
*same great taste!*

**mother's®**  
someone to trust since 1895

**all  
natural**

**cocoa**

**Bumpers®**

**crunchy corn cereal**



made with **real** cocoa!

UD

NET WT 10.6 OZ (300 g)

ENLARGED TO SHOW DETAIL

OPP-000184



**mother's®**  
someone to trust since 1895

**cocoa**

**no  
artificial  
flavors**

# Bumpers®

**crunchy corn  
cereal**



ENLARGED TO  
SHOW DETAIL

made with  
**real cocoa**

sweetened with  
**molasses,  
sugar & honey**

(U D)

Per cup

<b>130</b> CALORIES	<b>0g</b> SAT FAT 0% DV	<b>150mg</b> SODIUM 6% DV	<b>14g</b> SUGARS
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NET WT 9.5 OZ (269 g)





**mother's**  
someone to trust since 1895

**cocoa**

**no  
artificial  
flavors**

**Bumpers**

**crunchy corn  
cereal**

**mother's**  
cocoa  
**Bumpers**  
crunchy corn cereal

Sweetened with  
molasses,  
sugar & honey

At Mother's  
our rich heritage  
is a source  
of great pride.  
For over a  
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just like yours.  
When you share the  
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Bumper's crunchy  
corn cereal, your kids  
are reminded of  
mother's love &  
devotion with  
every bite.



Make Bumpers  
cereals part  
of your kid's  
healthy lifestyle!



made with  
**real cocoa**

sweetened with  
**molasses,  
sugar & honey**

ENLARGED TO  
SHOW DETAIL

Per cup			
<b>130</b> CALORIES	<b>0g</b> SAT FAT 0% DV	<b>150mg</b> SODIUM 6% DV	<b>14g</b> SUGARS

NET WT 9.5 OZ (269 g)